

October 2021

Gluten Free Menu

High School

LUNCH MENU

Meal Prices

Student Meals **No Charge**
 Adult Lunch **\$4.15**
 Adult Breakfast **\$2.40**
 Milk Carton **\$0.45**

This year breakfast and lunch are free for ALL students. A la carte items may be purchased if a student has funds in their lunch account.

GF Breakfast is available upon request. Includes fruit, milk, and juice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 GF Waffles~34g w/Syrup~20g Chicken Sausage Links~0g Yogurt~20g Fruit/Vegetable Selection
4 Cheeseburger on GF Bun~40g Baked Lay's Potato Chips~19g Fruit/Vegetable Selection	5 Walking Taco~31g Fruit/Vegetable Selection	6 GF Cheese Pizza~38g Fruit/Vegetable Selection	7 Deli Sub on GF Bun~45g Baked Lay's Potato Chips~19g Fruit/Vegetable Selection	8 GF Chicken Strips~20g Baked Beans~29g Fruit/Vegetable Selection
11 Cheeseburger on GF Bun~40g Baked Lay's Potato Chips~19g Fruit/Vegetable Selection	12 Beef & Cheese Nachos~53g Cheesy Refried Beans~29g Fruit/Vegetable Selection	13 GF Chicken Strips~20g GF Fries~28g Fruit/Vegetable Selection	14 Chicken Filet on GF Bun~40g Yellow Corn~15g Fruit/Vegetable Selection	15 GF Waffles~34g w/Syrup~20g Chicken Sausage Links~0g Yogurt~20g Fruit/Vegetable Selection
18 Cheeseburger on GF Bun~40g Baked Lay's Potato Chips~19g Fruit/Vegetable Selection	19 Walking Taco~31g Fruit/Vegetable Selection	20 GF Cheese Pizza~38g Fruit/Vegetable Selection	21 No School	22 No School
25 Cheeseburger on GF Bun~40g Baked Lay's Potato Chips~19g Fruit/Vegetable Selection	26 Beef & Cheese Nachos~53g Cheesy Refried Beans~29g Fruit/Vegetable Selection	27 GF Chicken Strips~20g GF Fries~28g Fruit/Vegetable Selection	28 Chicken Filet on GF Bun~40g Yellow Corn~15g Fruit/Vegetable Selection	29 GF Waffles~34g w/Syrup~20g Chicken Sausage Links~0g Yogurt~20g Fruit/Vegetable Selection

The planned lunch meal provides 750-850 calories, <10% saturated fat, and 0g trans fats!

~ Average gram (g) of carbohydrate
 Menu subject to change due to product availability and weather delays/cancellations.

This institution is an equal opportunity employer.

For information on allergies or menu questions, please contact: **Kayla Timmerman RD** • Student Nutrition Services Dietitian • Edison Building • 507.328.4250 • katimmerman@rochesterschools.org