

Middle School LUNCH MENU

October 2021 Gluten Free 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 available daily upon request. Includes fruit/juice and milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Beef & Cheese Nachos~53g Fruit/Vegetable Selection
4 GF Chicken Tenders~17g GF Fries~25g Fruit/Vegetable Selection	5 GF Cheese Pizza~46g Fruit/Vegetable Selection	6 Walking Taco~31g Fruit/Vegetable Selection	7 GF Corn Dogs x2~40g Baked Beans~29g Fruit/Vegetable Selection	8 GF Waffles~34g w/Syrup~20g Chicken Sausage~0g Yogurt~20g Fruit/Vegetable Selection
11 GF Cheese Pizza~46g Fruit/Vegetable Selection	12 Cheeseburger on GF Bun~40g GF Fries~25g Fruit/Vegetable Selection	13 GF Chicken Tenders~17g Mashed Potatoes w/Gravy~20g Yellow Corn~15g Fruit Selection	14 Deli Sub on GF Bun~45g Baked Lay's Potato Chips~19g Fruit/Vegetable Selection	15 Beef & Cheese Nachos~53g Fruit/Vegetable Selection
18 GF Chicken Tenders~17g GF Fries~25g Fruit/Vegetable Selection	19 GF Cheese Pizza~46g Fruit/Vegetable Selection	20 Walking Taco~31g Fruit/Vegetable Selection	21 No School	22 No School
25 GF Cheese Pizza~46g Fruit/Vegetable Selection	26 Cheeseburger on GF Bun~40g GF Fries~25g Fruit/Vegetable Selection	27 GF Chicken Tenders~17g Mashed Potatoes w/Gravy~20g Yellow Corn~15g Fruit Selection	28 Deli Sub on GF Bun~45g Baked Lay's Potato Chips~19g Fruit/Vegetable Selection	29 Beef & Cheese Nachos~53g Fruit/Vegetable Selection

The planned lunch meal provides 600-700 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 provider.

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