

January 2022

Gluten Free Menu

High School LUNCH MENU

Meal Prices

Student Meals **No Charge**
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
3 No School	4 GF Cheese Pizza~38g Fruit/Vegetable Selection	5 Cheeseburger on GF Bun~40g Baked Lay's Potato Chips~19g Fruit/Vegetable Selection	6 GF Chicken Strips~20g GF Fries~28g Fruit/Vegetable Selection	7 Beef & Cheese Nachos~53g Cheesy Refried Beans~29g Fruit/Vegetable Selection
10 Cheeseburger on GF Bun~40g Baked Lay's Potato Chips~19g Fruit/Vegetable Selection	11 Walking Taco~31g Fruit/Vegetable Selection	12 GF Chicken Strips~20g GF Fries~28g Fruit/Vegetable Selection	13 GF Pasta w/Meat Sauce~80g GF Dinner Roll~17g Fruit/Vegetable Selection	14 GF Corn Dogs x2 Baked Lay's Potato Chips~19g Fruit/Vegetable Selection
17 No School	18 Deli Sub on GF Bun~45g Baked Lay's Potato Chips~19g Fruit/Vegetable Selection	19 Beef & Cheese Nachos~53g Cheesy Refried Beans~29g Fruit/Vegetable Selection	20 Cheeseburger on GF Bun~40g Baked Lay's Potato Chips~19g Fruit/Vegetable Selection	21 No School
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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 • kattimmerman@rochesterschools.org