Rochester Public Middle School Gluten-Free Menu
January 2014

PRICES

Breakfast

Elementary	$1.25
Secondary	$1.35
Adult	$1.80
Reduced	No Charge
Milk Carton	$0.45

Lunch

Elementary	$2.25
Secondary	$2.35
Adult	$3.35
Reduced	$0.40
Milk Carton	$0.45

Free, reduced and full paid students may purchase milk for $0.45 at breakfast and lunch.

***Indicates item may contain pork**

****Breakfast includes main entrée, fruit/juice and milk.**

Students must take a full 1/2 cup serving of a fruit or vegetable PLUS two items from additional food groups to qualify for a full meal!

Our well balanced lunches provide 600-700 calories, <10% saturated fat and 0g trans fats!

~ Average gram (g) of carbohydrate

Menu subject to change due to product availability.

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 **No School**	2 GF Corn Dog Fruit/Vegetable Selection	3 GF Chicken Strips Fruit/Vegetable Selection
6 Cheeseburger on GF Bun Fruit/Vegetable Selection	7 Chicken Fajita w/Corn Tortilla Fruit/Vegetable Selection	8 Walking Taco w/baked Scoops Fruit/Vegetable Selection	9 GF Chicken Nuggets Fruit/Vegetable Selection	10 GF Pizza Fruit/Vegetable Selection
13 GF Chicken Strips Fruit/Vegetable Selection	14 GF Beef Nacho's On Baked Scoops Fruit/Vegetable Selection	15 GF Pizza Fruit/Vegetable Selection	16 GF Italian Dunker Fruit/Vegetable Selection	17 Grilled Chicken on GF Bun Fruit/Vegetable Selection
20 **No School**	21 Chicken Fajita w/Corn Tortilla Fruit/Vegetable Selection	22 Walking Taco w/baked Scoops Fruit/Vegetable Selection	23 GF Chicken Nuggets Fruit/Vegetable Selection	24 **No School**
27 GF Chicken Strips Fruit/Vegetable Selection	28 GF Beef Nacho's On Baked Scoops Fruit/Vegetable Selection	29 GF Pizza Fruit/Vegetable Selection	30 GF Italian Dunker Fruit/Vegetable Selection	31 Grilled Chicken on GF Bun Fruit/Vegetable Selection

For information on allergies or menu questions, please contact: Brenton D. Lexvold, RD, LD · Student Nutrition Services Dietitian · Edison Building · 507-328-4250 · brlexvold@rochester.k12.mn.us