



**PALMYRA SCHOOL DISTRICT
GLUTEN FREE/ MENU
December 2017**



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
				12/1 Cheese Pizza on GF Crust Fruit, Vegetable & Milk
12/4 Turkey Dog on a GF Bun Fruit, Vegetable & Milk	12/5 Beefy Cheesy Nachos GF Bread Slice Fruit, Vegetable & Milk	12/6 <u>Breakfast for Lunch</u> Egg & Cheese on a GF Bun Fruit, Vegetable & Milk	12/7 Hot Turkey & Cheese Sandwich on GF Bread Fruit, Vegetable & Milk	12/8 Cheese Pizza on GF Crust Fruit, Vegetable & Milk
12/11 <u>Breakfast for Lunch</u> Egg & Cheese on a GF Bun Fruit, Vegetable & Milk	12/12 Chili Cheese Tots with a GF Bread Slice Fruit, Vegetable & Milk	12/13 Sweet & Spicy BBQ Chicken Bowl w/ Rice Fruit, Vegetable & Milk	12/14 GF Pasta w/ Meatsauce with a GF Bread Slice Fruit, Vegetable & Milk	12/15 Cheese Pizza on GF Crust Fruit, Vegetable & Milk
12/18 <u>Breakfast for Lunch</u> Egg & Cheese on a GF Bun Fruit, Vegetable & Milk	12/19 Beefy Cheesy Nachos GF Bread Slice Fruit, Vegetable & Milk	12/20 Grilled Chicken Cougar Bowl Fruit, Vegetable & Milk	12/21 Cheese Pizza on GF Crust Fruit, Vegetable & Milk	11/24 Early Dismissal—No Lunch.
12/25 No School—Happy Holidays !	12/26 No School—Happy Holidays !	12/27 No School—Happy Holidays !	12/28 No School—Happy Holidays !	12/29 No School—Happy Holidays !

**Medical Statement
for Children with
Special Dietary
Needs**

Each special dietary request must be supported by a medical statement which explains the food substitution that is requested. It must be signed by a recognized medical authority. The statement must include:

- Identification of the medical condition which restricts the diet
- The food or foods to be omitted from the child's diet
- A list of allowable food substitutions

Please contact the Food Service Director if your child is in need of a special diet. Gluten Free, Milk Free, Soy-Free meals will only be made upon request. Procedures for requesting meals will be explained at that time.

Food Service Director
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