



**PALMYRA SCHOOL DISTRICT
GLUTEN FREE/ MENU
May-June 2018**



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	5/1 Hot Dog on a GF Bun GF Bread Slice Fruit, Vegetable & Milk	5/2 Grilled Chicken Cougar Bowl Fruit, Vegetable & Milk	5/3 Beefy Cheesy Nachos GF Bread Slice Fruit, Vegetable & Milk	5/4 Cheese Pizza on GF Crust Fruit, Vegetable & Milk
5/7 Grilled Chicken Patty on a GF Bun GF Bread Slice Fruit, Vegetable & Milk	5/8 Hot Dog on a GF Bun GF Bread Slice Fruit, Vegetable & Milk	5/9 <u>Breakfast for Lunch</u> Egg & Cheese on a GF Bun Fruit, Vegetable & Milk	5/10 GF Pasta w/ Meatsauce GF Bread Slice Fruit, Vegetable & Milk	5/11 Cheese Pizza on GF Crust Fruit, Vegetable & Milk
5/14 <u>Breakfast for Lunch</u> Egg & Cheese on a GF Bun Fruit, Vegetable & Milk	5/15 Hot Dog on a GF Bun GF Bread Slice Fruit, Vegetable & Milk	5/16 Grilled Chicken Cougar Bowl Fruit, Vegetable & Milk	5/17 Grilled Chicken Patty on a GF Bun GF Bread Slice Fruit, Vegetable & Milk	5/18 Cheese Pizza on GF Crust Fruit, Vegetable & Milk
5/21 Grilled Chicken Patty on a GF Bun GF Bread Slice Fruit, Vegetable & Milk	5/22 Hot Dog on a GF Bun GF Bread Slice Fruit, Vegetable & Milk	5/23 <u>Breakfast for Lunch</u> Egg & Cheese on a GF Bun Fruit, Vegetable & Milk	5/24 GF Pasta w/ Meatsauce GF Bread Slice Fruit, Vegetable & Milk	5/25 Cheese Pizza on GF Crust Fruit, Vegetable & Milk
5/28 <u>Breakfast for Lunch</u> Egg & Cheese on a GF Bun Fruit, Vegetable & Milk	5/29 Hot Dog on a GF Bun GF Bread Slice Fruit, Vegetable & Milk	5/30 Grilled Chicken Cougar Bowl Fruit, Vegetable & Milk	5/31 Hot Ham & Cheese on a GF Bun Fruit, Vegetable & Milk	6/1 Cheese Pizza on GF Crust Fruit, Vegetable & Milk
6/4 <u>Breakfast for Lunch</u> Egg & Cheese on a GF Bun Fruit, Vegetable & Milk	6/5 Hot Dog on a GF Bun GF Bread Slice Fruit, Vegetable & Milk	6/6 Cheese Pizza on GF Crust Fruit, Vegetable & Milk	Food Service Director Maria Kreider 717-838-1331 Maria_Kreider@pasd.us	

**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.

