



**PALMYRA SCHOOL DISTRICT
GLUTEN FREE/ MENU
February 2018**



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
			2/1 Hot Ham & Cheese on a GF Bun Fruit, Vegetable & Milk	2/2 Cheese Pizza on GF Crust Fruit, Vegetable & Milk
2/5 Hot Dog on a GF Bun Fruit, Vegetable & Milk	2/6 Beefy Cheesy Nachos GF Bread Slice Fruit, Vegetable & Milk	2/7 <u>Breakfast for Lunch</u> Egg & Cheese on a GF Bun Fruit, Vegetable & Milk	2/8 GF Pasta w/ Meatsauce GF Bread Slice Fruit, Vegetable & Milk	2/9 Cheese Pizza on GF Crust Fruit, Vegetable & Milk
2/12 <u>Breakfast for Lunch</u> Egg & Cheese on a GF Bun Fruit, Vegetable & Milk	2/13 Beefy Cheesy Nachos GF Bread Slice Fruit, Vegetable & Milk	2/14 Hot Dog on a GF Bun Fruit, Vegetable & Milk	2/15 Grilled Chicken Patty on a GF Bun GF Bread Slice Fruit, Vegetable & Milk	2/16 Cheese Pizza on GF Crust Fruit, Vegetable & Milk
2/19 <u>No School</u>	2/20 Beefy Cheesy Nachos GF Bread Slice Fruit, Vegetable & Milk	2/21 Grilled Chicken Cougar Bowl Fruit, Vegetable & Milk	2/22 Grilled Chicken Patty on a GF Bun GF Bread Slice Fruit, Vegetable & Milk	2/23 Cheese Pizza on GF Crust Fruit, Vegetable & Milk
2/26 <u>Breakfast for Lunch</u> Egg & Cheese on a GF Bun Fruit, Vegetable & Milk	2/27 Beefy Cheesy Nachos GF Bread Slice Fruit, Vegetable & Milk	2/28 GF Pasta w/ Meatsauce GF Bread Slice Fruit, Vegetable & Milk	3/1 Grilled Chicken Patty on a GF Bun GF Bread Slice Fruit, Vegetable & Milk	3/2 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.

