



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



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		11/1 Hot Ham & Cheese Sandwich on GF Bread Fruit, Vegetable & Milk	11/2 GF Pasta w/ Meatsauce with a GF Bread Slice Fruit, Vegetable & Milk	11/3 Cheese Pizza on GF Crust Fruit, Vegetable & Milk
11/6 Turkey Dog on a GF Bun Fruit, Vegetable & Milk	11/7 Beefy Cheesy Nachos GF Bread Slice Fruit, Vegetable & Milk	11/8 <u>Breakfast for Lunch</u> Egg & Cheese on a GF Bun Fruit, Vegetable & Milk	11/9 Hot Turkey & Cheese Sandwich on GF Bread Fruit, Vegetable & Milk	11/10 Cheese Pizza on GF Crust Fruit, Vegetable & Milk
11/13 <u>Breakfast for Lunch</u> Egg & Cheese on a GF Bun Fruit, Vegetable & Milk	11/14 Grilled Cheese on GF Bread Fruit, Vegetable & Milk	11/15 <u>Thanksgiving Dinner!</u> Oven Roasted Turkey Fruit, Vegetable & Milk	11/16 GF Pasta w/ Meatsauce with a GF Bread Slice Fruit, Vegetable & Milk	11/17 Cheese Pizza on GF Crust Fruit, Vegetable & Milk
11/20 No School—Happy Thanksgiving!	11/21 No School—Happy Thanksgiving!	11/22 No School—Happy Thanksgiving!	11/23 No School—Happy Thanksgiving!	11/24 No School—Happy Thanksgiving!
11/27 No School—Happy Thanksgiving!	11/28 Turkey Dog Fruit, Vegetable & Milk	11/29 Grilled Chicken Cougar Bowl Fruit, Vegetable & Milk	11/30 Hot Turkey and Cheese Sandwich on GF Bread Fruit, Vegetable & Milk	12/1 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.

