


# Gluten Free

## Medical Permission Required



# Roderick School

## October 2017

|  |  |   |  |   |
|--|--|---|--|---|
| <p>2</p> <p><b>GF Chicken</b><br/>Steamed Sweet Corn<br/>Sweet Potato/Whole Wheat Roll<br/>Fruit/Milk</p>                        | <p>3</p> <p><b>GF Hamburger or Cheeseburger</b><br/>Cucumber Wheels<br/>Farm /Milk</p>   | <p>4</p> <p><b>GF Hotdog</b><br/>Steamed Veggies<br/>Chilled Fruit/Bean Salad<br/>Milk</p>  | <p>5</p> <p><b>GF Tacos</b><br/>Seasoned Hamburg<br/>Hard Taco Shells or Lettuce Wrap<br/>Cheese/Fruit/Bean Salad<br/>Lettuce, Tomato, Salsa, Milk</p> | <p>6</p> <p><b>GF Pizza</b><br/>Cheese Pizza or Pepperoni<br/>Garden Salad<br/>Fruit/Milk</p> |
| <p>9</p> <p><b>No School Today</b><br/><br/><b>Columbus Day!</b></p>   | <p>10</p> <p><b>No School Today</b><br/><br/><b>Teacher Training</b></p>   | <p>11</p> <p><b>GF Breakfast Buffet</b><br/>GF Cereal<br/>Warm Ham Slices/Apple Sauce<br/>Veggie Juice<br/>Pancake Syrup/Milk</p>                                     | <p>12</p> <p><b>GF Hamburger or Cheeseburger</b><br/>Steamed Vegetables/Marina Sauce<br/>Broccoli Florets with dip<br/>Fruit/Milk</p>                  | <p>13</p> <p><b>GF Pizza</b><br/>Cheese<br/>Green Salad<br/>Chilled Fruit/Milk</p>            |
| <p>16</p> <p><b>GF Chicken</b><br/>Steamed Vegetables<br/>Low Fat Chips/Chilled Fruit/Milk</p>                                   | <p>17</p> <p><b>GF Kayem Lite Hotdog</b><br/>Blueberries with topping<br/>Baked Beans/Milk</p>   | <p>18</p> <p><b>GF Tacos</b><br/>Seasoned Hamburg<br/>Hard Taco Shells or Lettuce Wraps<br/>Cheese/Fruit/Bean Salad<br/>Sautéed Pepper and Onions<br/>Salsa, Milk</p> | <p>19</p> <p><b>GF Grilled Cheese</b><br/>Curly Fries/Cucumber Wheels<br/>Fruit/Milk</p>   | <p>20</p> <p><b>GF Pizza</b><br/>Cheese<br/>Green Salad<br/>Chilled Fruits/Milk</p>           |
| <p>23</p> <p><b>GF Chicken</b><br/>Oven Fries/Steamed Vegetables<br/>Fruit/Milk</p>  | <p>24</p> <p><b>GF Hotdog</b><br/>Steamed Veggies<br/>Chilled Fruit/Bean Salad<br/>Milk</p>  | <p>25</p> <p><b>GF Hamburger or Cheeseburger</b><br/>Steamed Carrots<br/>Chilled Fruit/Milk<br/><b>Lucky Plate Day</b></p>  | <p>26</p> <p><b>GF Grilled Cheese</b><br/>Steamed Vegetables<br/>Fruit /Milk</p>   | <p>27</p> <p><b>GF Pizza</b><br/>Edamame Beans/Garden Salad<br/>Fruit/Milk</p>                |
| <p>30</p> <p><b>GF Hamburger or Cheeseburger</b><br/>Steamed Corn<br/>Sliced Tomato/Lettuce<br/>Low fat Chips<br/>Fruit/Milk</p> | <p>31</p> <p><b>GF Grilled Cheese</b><br/>Orange Smiles/Carrot Sticks/<br/>ChipsMilk<br/></p> | <p>1</p> <p><b>GF Nacho Plate</b><br/>Seasoned Hamburg/Baked Chips<br/>Lettuce, Tomato, Salsa<br/>Chilled Fruit/Milk</p>  | <p>2</p> <p><b>GF Hotdog</b><br/>Curly Fries/Cucumber Wheels<br/>Fruit/Milk</p>  | <p>3</p> <p><b>GF Pizza</b><br/>Cheese<br/>Garden Salad<br/>Fruit/Milk</p>                    |

**Streamline your lunch payments. Go to Myschoolbucks.com and prepay for your child's lunch. All money stays with your child through 6<sup>th</sup> grade.**

**Work while your children are in school. The food service has substitute positions available.**

**Please contact Judy White at [whitej@wrenthamschools.org](mailto:whitej@wrenthamschools.org) or 508/699-1329**

**Lunch is \$2.50 which includes milk.**

**Daily choices are Pizza, Caesar Salad, Cereal, Bagel and Yogurt and Pizza Power Packs!**