



YOUGH SCHOOL DISTRICT GLUTEN-FREE, PEANUT-FREE MENU



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Grilled Cheese Sandwich on GF Bread Fruit, Vegetable & Milk	Turkey Dog on GF Roll Fruit, Vegetable & Milk	Beef Nachos w/ Corn Tortilla Chips Fruit, Vegetable & Milk	Grilled Chicken Sandwich with Lettuce & Tomato Fruit, Vegetable & Milk	Cheese Pizza on GF Bread Fruit, Vegetable & Milk
Jumbo Beef Taco w/ Cheese, Lettuce & Tomato Fruit, Vegetable & Milk	Grilled Chicken Salad w/ GF Bread & GF Salad Dressing Fruit, Vegetable & Milk	Cheeseburger on GF Roll Fruit, Vegetable & Milk	Sliced Turkey & Cheese on GF Bread Fruit, Vegetable & Milk	Steak & Cheese on GF Roll Fruit, Vegetable & Milk
Grilled Cheese Sandwich on GF Bread Fruit, Vegetable & Milk	Turkey Dog on GF Roll Fruit, Vegetable & Milk	Beef Nachos w/ Corn Tortilla Chips Fruit, Vegetable & Milk	Grilled Chicken Sandwich with Lettuce & Tomato Fruit, Vegetable & Milk	Cheese Pizza on GF Bread Fruit, Vegetable & Milk
Jumbo Beef Taco w/ Cheese, Lettuce & Tomato Fruit, Vegetable & Milk	Grilled Chicken Salad w/ GF Bread & GF Salad Dressing Fruit, Vegetable & Milk	Cheeseburger on GF Roll Fruit, Vegetable & Milk	Sliced Turkey & Cheese on GF Bread Fruit, Vegetable & Milk	Steak & Cheese on GF Roll Fruit, Vegetable & Milk

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 meals will only be made upon request. Procedures for requesting meals will be explained at that time.

BREAKFAST

Assorted Gluten-Free Cereal w/ Toast, Fruit & Milk available daily

Flavored Yogurt w/ GF Toast

Approved Side Dishes: (unless otherwise noted)

- Fresh or canned fruit without added ingredients
- Fresh or cooked vegetables without added ingredients
- Approved Ketchup, Salad Dressing & Margarine
- Milk—any variety

Jessica Shuber
shuberj@youghsd.net
724-446-7272 ext
2030



