






CANON-MC MILLAN SCHOOL DISTRICT GLUTEN FREE MENU—MAY 2012



CAFETERIA SUBSTITUTES NEEDED—NO EXPERIENCE NECESSARY!
Work during regular school hours.
Great job for semi-retirees or stay at home moms/dads!
CALL: 724-746-1040 for more information

BREAKFAST
 Gluten-Free Cereal w/
 Toast, Fruit & Milk
 available daily
 Flavored Yogurt
 w/ GF Toast

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/1-5/4	PLEASE NOTE: Menu items with ground meat may contain a combination of ground beef and/or turkey.	GF Chicken Nuggets GF Bread Slice Baby Carrots Fruit Choice Fat Free or 1% Milk	Lucky Tray Day! Steak'um (with or without Cheese) on a GF Bun Mashed Potatoes Fruit Choice Fat Free or 1% Milk	Roast Beef on a GF Bun Crisp Coleslaw Fruit Choice Fat Free or 1% Milk	Cheese Pizza Slice on GF Crust (Non Dairy Cheese Avail) Steamed Corn Fruit Choice Fat Free or 1% Milk
5/7-5/11	Plain Hamburger or Cheeseburger on a GF Bun Fresh Broccoli Fruit Choice Fat Free or 1% Milk	Plain Sausage Patty or Sausage & Cheese on a GF Bun Tater Tots Fruit Choice Fat Free or 1% Milk	GF Pasta w/Homemade Meat Sauce & GF Bread Slice Salad w/GF Dressing Fruit Choice Fat Free or 1% Milk	Hot Dog on a GF Bun Corn Fruit Choice Fat Free or 1% Milk	Sherbet Cup Day! Sunflower Butter & Jelly Sandwich on GF Bread Green Beans Sherbet Cup (does contain milk) or Fruit Choice Fat Free or 1% Milk
5/14-5/18	GF Grilled Chicken Patty on a GF Bun Baby Carrots Fruit Choice Fat Free or 1% Milk	GF Corn Dog Sweet Yellow Corn Fruit Choice Fat Free or 1% Milk	GF Chicken Nuggets GF Bread Slice Steamed Peas Fruit Choice Fat Free or 1% Milk	Shaved Turkey (with or without Cheese) on GF Bread Salad w/GF Dressing Fruit Choice Fat Free or 1% Milk	Happy Birthday Day! Cheese Pizza Slice on GF Crust (Non Dairy Cheese Avail) Fresh Veggie Cup Fruit Choice GF Birthday Cake  Fat Free or 1% Milk
5/21-5/25	Sunflower Butter & Jelly Sandwich on GF Bread Corn Fruit Choice Fat Free or 1% Milk	Shaved Ham (with or without Cheese) on GF Bread Fresh Broccoli Fruit Choice Fat Free or 1% Milk	Shaved Turkey (with or without Cheese) on GF Bread Tater Tots Fruit Choice Fat Free or 1% Milk	GF Chicken Nuggets GF Bread Slice Salad w/GF Dressing Fruit Choice Fat Free or 1% Milk	Cheese Pizza Slice on GF Crust (Non Dairy Cheese Avail) Green Beans Fruit Choice Fat Free or 1% Milk
5/28-5/31	Memorial Day No School 	GF Pasta w/Homemade Meat Sauce & GF Bread Slice Salad w/GF Dressing Fruit Choice Fat Free or 1% Milk	GF Chicken Nuggets GF Bread Slice Fresh Veggie Cup Fruit Choice Fat Free or 1% Milk	Baked GF Doritos w/ Plain Ground Meat (no seasoning), Lettuce and Salsa Corn & Fruit Choice Fat Free or 1% 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.

Any questions?
Contact Melissa Schad
Food Service Director
@ 724-746-1040

Menu Subject to Change
"GF" - Gluten-Free Food

REMINDER: Fruit choice varies daily. 100% juice & assorted fresh & canned fruit is available daily.

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