



*Wood School*  
*Gluten Free Menu*  
*Medical Authorization Required*  
*October 2018*

*Celebrating National*  
*School Lunch Week*  
*October 15-19*

1 <b>GF Chicken</b> Steamed Sweet Corn Fruit/Milk	2 <b>GF Hamburger or GF Cheeseburger</b> Low Fat Chips Cucumber Wheels Farm Apple/Milk	3 <b>GF Grilled Cheese</b> Steamed Veggies Chilled Fruit/Bean Salad Milk	4 <b>GF Cereal</b> Sausage/Yogurt Cup Fruit/Milk	5 <b>GF Pizza</b> Cheese Pizza Garden Salad/Steamed Corn Apple/Milk
8 <b>No School Today</b>  <b>Columbus Day!</b>	9 <b>No School Today</b>  <b>Teacher Training</b>	10 <b>GF Chicken</b> Steamed Vegetables/ Chilled Fruit/Milk	11 <b>GF Roasted Turkey</b> Mashed Potato/Steamed Veg Fruit Milk	12 <b>GF Pizza</b> Cheese Pizza Garden Salad Fruit/Milk
15 <b>GF Kayem Lite Hotdog</b> Baked Beans Steamed Vegetables Fruit/Milk <b>Free Sticker With Lunch</b>	16 <b>GF Breakfast Buffet</b> <b>GF Cereal</b> Sausage/Apple Sauce Veggie Juice/Milk <b>Frozen Juice Treat!</b>	17 <b>Gf Hamburger or GF Cheeseburger</b> Steamed Corn Veggie Juice/Low fat Chips Fruit/Milk <b>Coffee Milk</b>	18 <b>GF Sandwich</b> <b>Grilled Cheese</b> Carrot Sticks/Fruit/Milk  <b>Strawberry Milk</b>	19 <b>GF Pizza</b> Cheese Pizza Garden Salad Fruit <b>Lucky Plate Day!</b>
22 <b>GF Chicken</b> Steamed Vegetables Chilled Fruit/Milk	23 <b>GF Taco Tuesday</b> Hard Corn Shells Hamburg, Cheese, Salsa Peppers and Onions/Bean Salad Fruit/Milk	24 <b>GF Hot Dog</b> Steamed Carrots/Veggie Stick Fruit/Milk	25 <b>GF Chinese Chicken Lunch</b> <b>GF Chicken</b> Whole Grain Rice/Pineapple Chunks Steamed Veggies/Milk	26 <b>GF Pizza</b> Cheese Pizza Garden Salad/Steamed Corn Fruit/Milk
29 <b>GF Chicken</b> Mashed Potato Corn Fruit/Milk	30 <b>GF Sandwich</b> <b>Grilled Cheese on GF Bread</b> Steamed Veggies/Fruit/Milk	31 <b>GF Nacho Plate</b> Seasoned Hamburg/Baked Chips Cheese Sauce-low fat Chilled Fruit/Veggie Sticks Milk	1 <b>GF Yogurt Power Pack</b> Yogurt GF Cereal/Fruit Carrot Sticks/Milk	2 <b>GF Pizza</b> Cheese Pizza Garden Salad/Steamed Corn Blueberries with topping/Milk

**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.**

**Daily Choices are Chicken Patty, Pizza, Chef Salad, Cereal Lunch or Bagel and Yogurt Lunch. \$2.50 which includes milk Snacks are \$1.25**

**Please contact Judy White at [jwhite@plainville.k12.ma.us](mailto:jwhite@plainville.k12.ma.us) or 508/699-1329 with any questions or comments.**



