



2020-2021
Rahway Middle & High Schools
GLUTEN-SAFE MENU Only with documented allergy

GLUTEN-FREE STUDENTS MUST ORDER FROM THIS MENU ONLY

AVAILABLE DAILY

- 1G** Chicken Tenders with Scoops Tortilla Chips
- 2G** Sabrett All-Beef Hot Dog on a Bun
- 3G** Cheeseburger on a Bun
- 4G** Cheese Pizza
- 5G** Grilled Chicken Sandwich
- 6G** Turkey & Cheese Sandwich
- 7G** Turkey Ham & Cheese Sandwich
- 8G** Garden Salad with Cucumbers, Tomatoes, Carrots, Grilled Chicken, Light Italian, Caesar, or Ranch Dressing & Scoops Chips

A Complete Lunch Includes:
 Entrée (with Protein/Grain)
Fruit/Vegetable
 Choice of Milk

Important consideration when deciding to participate in Gluten-Safe school lunch offerings:

Pomptonian’s staff prepares and cooks a wide variety of meals and does not have separate equipment and space for gluten-safe (GS) meal preparation. To minimize the chance for cross-contamination, the GS items that are available for pre-order, are prepared by trained staff with, as per the manufacturer’s label, gluten-safe ingredients.

Cut at this line and keep the above menu portion for your reference.
 Please submit lunch forms promptly. Late submissions may not be properly recorded.

“This institution is an equal opportunity provider.”

Please use the number codes listed above to indicate your selection *for the day or week* on the order form below and return it by 8 AM to the Food Service Director. Orders can also be placed by e-mailing njean@rahway.net. Contact your Food Service Director at 732-396-1025 with any questions or between 8:00 & 8:30 for cancellations.

MON	TUE	WED	THU	FRI

STUDENT’S NAME _____
 First & Last

STUDENT ID _____ E-MAIL _____

MS & HS LUNCH PRICE	REDUCED PRICE
\$3.00	\$.00

NOTE TO FREE LUNCH RECIPIENTS: If you plan to participate in the lunch program, you **must** fill out and return this form.