



2017-2018

USDA is an equal opportunity provider and employer.

Menu is subject to change with Gluten Free substitutions

# GLUTEN-FREE

**\*\*PAY ONLINE  
it's easy!**

Logon [www.nksd.net](http://www.nksd.net)

"click" Parent Tab

"click" Aspen portal  
for student ID number  
and  
Logon to  
[myschoolbucks.com](http://myschoolbucks.com)

## MONDAYS

1. GARDEN SALAD  
SHREDDED  
CHEDDAR  
w/Tortilla Chips

2. Sunflower Butter &  
Jelly Sandwich  
w/ cheese

Lunches include Vegetables-  
Fruit-Milk

## TUESDAYS

1. CHEESEBURGER  
on a GF Roll

2. Garden Salad with  
Shredded Cheddar  
& Tortilla Chips

3. Sunflower Butter &  
Jelly Sandwich  
w/ cheese

Lunches include Vegetables-  
Fruit-Milk

## WEDNESDAYS

1. YOGURT  
FUN LUNCH  
Rice Chex & Cheese

2. Garden Salad with  
Shredded Cheddar  
& Tortilla Chips

3. Sunflower Butter &  
Jelly Sandwich  
w/cheese

Lunches include Vegetables-  
Fruit-Milk

## THURSDAYS

1. GRILLED  
CHICKEN  
SANDWICH

2. Garden Salad with  
Shredded Cheddar  
& Tortilla Chips

3. Sunflower Butter &  
Jelly Sandwich  
w/cheese

Lunches include Vegetables-  
Fruit-Milk

## FRIDAYS

1. GF CHEESE or  
PEPPERONI PIZZA

2. Garden Salad with  
Shredded Cheddar  
& Tortilla Chips

3. Sunflower Butter &  
Jelly Sandwich  
w/cheese

Lunches include Vegetables-  
Fruit-Milk

## How to order

### ORDERING INSTRUCTIONS

SECONDARY  
STUDENTS MAY  
**PREORDER** YOUR  
LUNCH BEFORE  
SCHOOL IN THE  
CAFETERIA

ELEMENTARY w/  
CLASSROOM  
TEACHER

## Price

**Elementary  
\$2.50**

**Middle  
\$3.25**

**High School  
\$3.50**

**Reduced Price  
\$.40**

**Breakfast \$1.00**

## Documentation

Please provide medical documentation to the school nurse that your child has celiac or a sensitivity requiring food free of gluten. Child Nutrition will be notified. Secondary Schools may have more options on the regular daily menu that are gluten free.

Further information  
[Patricia\\_cawley@nksd.net](mailto:Patricia_cawley@nksd.net)

## Parents

Our kitchens are not 100% Gluten Free Facilities but we do take extra precaution preparing your child's GF lunch.

Items listed are gluten free per the manufacturer. Some items may be produced where other gluten products are also manufactured.

## Meal Applications

**SAVINGS  
up to \$600  
per year per child!**  
*(if qualified)*

**Option #1**  
Apply Online  
[WWW.NKSD.NET](http://WWW.NKSD.NET)  
Parents  
Lunch Applications  
**Option #2**  
Complete & return the application sent home

## HOW WE DO

*what we do*  
RI's Premium  
Farm to Table



## Child Nutrition Program

continues with our commitment to our students partnering with Farm Fresh RI for the 6th straight year! NK regularly purchases crops from the region when pricing is competitive with the Commodity Market. NK additionally gets more "bang for the buck" by participating with East Conn a CT Education purchasing collaborative. All these factors provide your family with exceptional nutrition at a great price!