



# 2020-2021

## Metuchen 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** Thumann's Turkey & Cheese Sandwich (FF)
- 7G** Thumann's Ham & Cheese Sandwich (FF)
- 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 selections *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 emailing Pat Baxter, Food Service Director, at [PBaxter@MetBOE.k12.nj.us](mailto:PBaxter@MetBOE.k12.nj.us) or calling 732-321-8760 X7. Contact the Food Service Director at 732-321-8760 X7 with any questions or between 8:00 & 8:30 a.m. for cancellations.

MON	TUE	WED	THU	FRI

STUDENT'S NAME \_\_\_\_\_  
First & Last

STUDENT ID \_\_\_\_\_ E-MAIL \_\_\_\_\_

LUNCH PRICE	FEATURED FAVORITE LUNCH PRICE	REDUCED PRICE LUNCH
<b>\$3.00</b>	<b>\$3.75</b>	<b>\$ .00</b>

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

GS