Updated 8.17.2026

School: _____

Student Name:_____Teacher:_____

White Bear Lake Area Schools 2026-2027

Menu Free from Gluten-Containing Foods Secondary (6-12)

TO ORDER SPECIAL DIET FOOD:

1. Complete all sections of the Special Diet Statement with your physician and send them to the Nutrition Services Director.
2. Print the monthly lunch menu.
3. Fill in your student's school, name and teacher at the top.
4. Designate the day(s) your child would like to eat a school lunch and note *which of the three options below* he or she would like each day:
    - The menued item in Nutrislice, using the filter feature to exclude wheat. Underlined foods on this menu are the same foods listed on Middle School Menus.
    - The Free from Gluten-Containing Foods option listed on this menu.
    - A deli sandwich
        - Gluten-free fruits and vegetables will be available daily as sides for all entree selections
5. Turn in the completed menu to your student's school kitchen manager before the designated days listed to ensure special diet foods are available.

Cereal available daily for breakfast. Please speak with your kitchen manager about possible selections.

The school kitchens store and prepare foods containing wheat, eggs, dairy, fish, sesame, shellfish and soy. Our staff take great precautions in preventing cross contamination when preparing food for all students. Nutrition Services employees are not trained medical providers. Parents, guardians or licensed medical providers are the only persons that can determine if a child can or cannot eat a particular item. Ingredient statements on labels are available to be viewed by parents or guardians by making an appointment with the kitchen manager. Ingredients may change at any time without notice by the manufacturer.

Updated 8.17.2026

School: _____

Student Name:_____Teacher:_____

Click to go to the month:

September 2026
October 2026
November 2026
December 2026
January 2027
February 2027
March 2027
April 2027
May-June 2027

Menu Free from Gluten-Containing Foods

Fruit, Vegetable, and Milk Choices Available Daily.

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Updated 8.17.2026

School: _____

Student Name:_____Teacher:_____

September 2026

Aug 31 GF Waffles with Omelet (56g CHO)	1 GF Chicken Tenders (16g CHO)	2 GF Cheese Pizza (46g CHO)	3 Chicken Tikka Masala (5 g CHO) with Brown Rice (44g CHO)	4 No School
7 No School	8 GF Chicken Tenders (16g CHO)	9 Diced Chicken with Marinara (9g CHO) over GF Pasta (44g CHO)	10 Hot Dog on a GF Hot Dog Bun (28g CHO)	11 Glazed Chicken Drumstick (4g CHO) with Brown Rice (44g CHO)
14 GF Waffles (56g CHO) with Sausage Patty and Yogurt Cup (15g CHO)	15 GF Cheese or Beef Pepperoni Calzone (37.5g CHO)	16 GF Cheese Pizza (46g CHO)	17 Chicken tinga with Cilantro Lime Rice (55g CHO) or Brown Rice (44gCHO)	18 GF Annie's Macaroni and Cheese (39g CHO) Send your child's October menu to the kitchen manager by today
21 GF Beef Birria Pupusa (27g CHO)	22 GF Chicken Chunks (44g CHO) with Mashed Potatoes (15g CHO) and Gravy (4g CHO)	23 GF Beef Meatballs with Marinara (9g CHO) over GF Pasta (44g CHO)	24 Beef taco meat with Tortilla Chips or Spanish Rice (28g CHO)	25 Glazed Chicken Drumstick (4g CHO) with Brown Rice (44g CHO)
28 GF Cheese or Beef Pepperoni Calzone (37.5g CHO)	29 GF Chicken Tenders (16g CHO)	30 GF Cheese Pizza (46g CHO)	Oct 1 Chicken Tikka Masala (5 g CHO) with Brown Rice (44g CHO)	Oct 2 GF Corn Dog (20g CHO)

Menu Free from Gluten-Containing Foods

Fruit, Vegetable, and Milk Choices Available Daily.

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WB 624

Updated 8.17.2026

School: _____

Student Name:_____Teacher:_____

October 2026

5 GF Cheesy Dunker (28g CHO)	6 GF Chicken Tenders (16g CHO)	7 Diced Chicken with Marinara (9g CHO) over GF Pasta (44g CHO))	8 Hot Dog on a GF Hot Dog Bun (28g CHO)	9 Glazed Chicken Drumstick (4g CHO) with Brown Rice (44g CHO)
12 GF Waffles (56g CHO) with Sausage Patty and Yogurt Cup (15g CHO)	13 GF Cheese or Beef Pepperoni Calzone (37.5g CHO) Send your child's November menu to the kitchen manager by today	14 No School	15 No School	16 No School
19 GF Beef Birria Pupusa (27g CHO)	20 GF Chicken Chunks (44g CHO) with Mashed Potatoes (15g CHO) and Gravy (4g CHO)	21 LOCAL Greek-Inspired Roasted Turkey with Brown Rice (44g CHO)	22 Beef taco meat with tortilla chips or Spanish Rice (28g CHO)	23 Glazed Chicken Drumstick (4g CHO) with Brown Rice (44g CHO)
26 GF Waffles with Omelet (56g CHO)	27 GF Chicken Tenders (16g CHO)	28 GF Cheese Pizza (46g CHO)	29 Chicken Tikka Masala (5 g CHO) with Brown Rice (44g CHO)	30 GF Cheesy Dunker (28g CHO)

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Fruit, Vegetable, and Milk Choices Available Daily.

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WB 624

Updated 8.17.2026

School: _____

Student Name:_____Teacher:_____

November 2026

2 GF Cheesy Dunker (28g CHO)	3 GF Chicken Tenders (16g CHO)	4 Diced Chicken with Marinara (9g CHO) over GF Pasta (44g CHO))	5 Hot Dog on a GF Hot Dog Bun (28g CHO)	6 Glazed Chicken Drumstick (4g CHO) with Brown Rice (44g CHO)
9 GF Waffles (56g CHO) with Sausage Patty and Yogurt Cup (15g CHO)	10 GF Cheese or Beef Pepperoni Calzone (37.5g CHO)	11 GF Cheese Pizza (46g CHO)	12 Chicken tinga with Cilantro Lime Rice (55g CHO) or Brown Rice (44gCHO)	13 GF Annie's Macaroni and Cheese (39g CHO)
16 GF Beef Birria Pupusa (27g CHO)	17 GF Chicken Chunks (44g CHO) with Mashed Potatoes (15g CHO) and Gravy (4g CHO) Send your child's December menu to the kitchen manager by today	18 GF Beef Meatballs with Marinara (9g CHO) over GF Pasta (44g CHO)	19 Beef taco meat with Tortilla Chips or Spanish Rice (28g CHO)	20 Glazed Chicken Drumstick (4g CHO) with Brown Rice (44g CHO)
23 GF Beef Birria Pupusa (27g CHO)	24 GF Chicken Chunks (44g CHO) with Mashed Potatoes (15g CHO) and Gravy (4g CHO)	25 No School	26 No School	27 No School

Menu Free from Gluten-Containing Foods

Fruit, Vegetable, and Milk Choices Available Daily.

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624

Updated 8.17.2026

School: _____

Student Name:_____ **Teacher:**_____

December 2026

Nov 30 No School	1 GF Chicken Tenders (16g CHO)	2 Diced Chicken with Marinara (9g CHO) over GF Pasta (44g CHO))	3 Hot Dog on a GF Hot Dog Bun (28g CHO)	4 Glazed Chicken Drumstick (4g CHO) with Brown Rice (44g CHO)
8 GF Waffles (56g CHO) with Sausage Patty and Yogurt Cup (15g CHO)	9 GF Cheese or Beef Pepperoni Calzone (37.5g CHO) Send your child's January menu to the kitchen manager by today	10 GF Cheese Pizza (46g CHO)	11 Chicken tinga with Cilantro Lime Rice (55g CHO) or Brown Rice (44gCHO)	12 GF Annie's Macaroni and Cheese (39g CHO)
14 GF Beef Birria Pupusa (27g CHO)	15 GF Chicken Chunks (44g CHO) with Mashed Potatoes (15g CHO) and Gravy (4g CHO)	16 GF Beef Meatballs with Marinara (9g CHO) over GF Pasta (44g CHO)	17 Beef taco meat with Tortilla Chips or Spanish Rice (28g CHO)	18 Glazed Chicken Drumstick (4g CHO) with Brown Rice (44g CHO)
21 GF Cheese or Beef Pepperoni Calzone (37.5g CHO)	22 GF Chicken Tenders (16g CHO)	23 GF Cheese Pizza (46g CHO)	25 No School	26 No School
28 No School	29 No School	30 No School	31 No School	Jan 1 No School

Menu Free from Gluten-Containing Foods

Fruit, Vegetable, and Milk Choices Available Daily.

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Updated 8.17.2026

School: _____

Student Name:_____Teacher:_____

January 2027

4	5	6	7	8
11	12	13	14	15 Send your child's February menu to the kitchen manager by today
18 No School	19 No School	20	21	22
25	26	27	28	29

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Fruit, Vegetable, and Milk Choices Available Daily.

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Updated 8.17.2026

School: _____

Student Name:_____Teacher:_____

February 2027

1	2	3	4	5
8	9	10	11 Send your child's March menu to the kitchen manager by today	12 No School
15 No School	16	17	18	19
22	23	24	25	26

Menu Free from Gluten-Containing Foods

Fruit, Vegetable, and Milk Choices Available Daily.

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Updated 8.17.2026

School: _____

Student Name:_____Teacher:_____

March 2027

1	2	3	4	5 No School
8 No School	9 No School	10 No School	11 No School	12 No School
15	16	17	18 Send your child's April menu to the kitchen manager by today	19
22	23	24	25	26 No School
29	30	31	Apr 1	Apr 2

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Fruit, Vegetable, and Milk Choices Available Daily.

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Updated 8.17.2026

School: _____

Student Name:_____Teacher:_____

April 2027

5	6	7	8	9
12	13	14	15 Send your child's May & June menu to the kitchen manager by today	16 No School
19	20	21	22	23
26	27	28	29	30

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School: _____

Student Name:_____Teacher:_____

May & June 2027

3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
June 1	June 2	June 3	June 4	June 5
No School	Please connect with your child's kitchen manager for the Menu Free from Gluten-Containing Foods the last week of school			

Menu Free from Gluten-Containing Foods

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