



Allergen-Free Menu

2024 - 2025

Monday

Gluten-Free Blueberry Muffin

26 g Carbs

Hamburger on Gluten-Free Bun

44 g carbs-bun
2 g carbs-beef burger

Tuesday

Lucky Charms Cereal

23 g Carbs

Van's Gluten-Free Waffle with Sausage Patty

34 g carbs-waffles (2 each)
1 g carbs-sausage patty

Wednesday

Gluten-Free Blueberry Muffin

26 g Carbs

Gluten-Free Chicken Nuggets

15 g carbs-5 nuggets

Thursday

Cocoa Puffs Cereal

25 g Carbs

Hot Dog on Gluten-Free Bun

35 g carbs-bun
1 g carbs-all-beef frank

Friday

Fruity Cheerios Cereal

25 g Carbs

Oven-Roasted Chicken Drumstick

2 g carbs-1 drumstick

More info...

Students will be given a fruit for breakfast daily. Students will be able to select fresh fruits & vegetables daily at their school for lunch.

Please ensure your student has a dietary medical statement form on-file with OASD.

More info...

If you have questions, please reach out to Food Service Director, Stephanie Mankowski, via email (mankowskis@oasd.org) or phone (262) 560-2146.