

October 2021

Gluten Free Menu

Elementary School

LUNCH MENU

Meal Prices

Student Meals	No Charge
Adult Lunch	\$4.15
Adult Breakfast	\$2.40
Milk Carton	\$0.45

*This year breakfast and lunch are free for ALL students. Those who elect to bring a meal from home and who would like to have milk with their meal are able to purchase milk at school for \$.45/carton. Free meal benefits do not apply to individual milk.

Gluten Free Breakfast available upon request- GF cereal, GF muffins, and GF granola bars. Includes milk and fruit.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 GF Waffles~34g w/Syrup~20g Chicken Sausage Links~0g GF Potato Rounds~14g Fresh Orange Wedges~15g
4 GF Chicken Strips~13g GF Fries~17g Fresh Baby Carrots~5g Applesauce~15g	5 Beef & Cheese Taco on GF Tortilla~26g Yellow Corn~15g Lettuce/Tomato~3g Banana~23g Fruit Snacks~21g	6 Cheeseburger on GF Bun~40g GF Fries~17g Salad Greens~2g Fruit Cup~21g	7 GF Chicken Nuggets~14g Green Beans~3g Pepper Strips~7g Cantaloupe Chunks~7g	8 Beef Hot Dog on GF Bun~34g Vegetarian Baked Beans~30g Vegetable Selection Chilled Pears~15g
11 GF Waffles~34g w/Syrup~20g Strawberry Yogurt~19g GF Potato Rounds~14g Chilled Peaches~14g	12 GF Chicken Strips~13g Fresh Broccoli~3g Fresh Grapes~8g	13 Beef & Cheese Nachos~34g Cheesy Refried Beans~29g Lettuce/Tomato~3g Banana~23g	14 GF Cheese Pizza Yellow Corn~15g Grape Tomatoes~4g Fresh Apple Slices~13g	15 GF Chicken Strips~13g GF Fries~17g Vegetable Selection Mandarin Oranges~21g
18 GF Deli Sandwich~40g Fresh Baby Carrots~5g Pineapple Tidbits~16g	19 GF Cheese Pizza Steamed Broccoli~3g Cucumber Slices~2g Applesauce~15g	20 GF Corn Dog~20g Vegetarian Baked Beans~30g Chilled Peaches~14g	21 No School	22 No School
25 GF Chicken Strips~13g GF Fries~17g Fresh Baby Carrots~5g Applesauce~15g	26 Walking Taco~28g Yellow Corn~15g Lettuce/Tomato~3g Fruit Cup~21g	27 Cheeseburger on GF Bun~40g GF Fries~17g Salad Greens~2g Watermelon Chunks~7g	28 GF Chicken Nuggets~14g Green Beans~3g Pepper Strips~7g Pineapple Tidbits~16g	29 Beef Hot Dog on GF Bun~34g Vegetarian Baked Beans~30g Chilled Pears~15g GF Chocolate Chip Cookie

The planned lunch meal provides 550-650 calories, <10% saturated fat, and 0g trans fats!

~ Average gram (g) of carbohydrate
Menu subject to change due to product availability and weather delays/cancellations.

This institution is an equal opportunity provider.