

# January 2022

## Gluten Free Menu

# Middle School LUNCH MENU

### Meal Prices

**Student Meals No Charge**  
**Milk Carton \$0.45**

This year breakfast and lunch are free for ALL students. A la carte items may be purchased if a student has funds in their lunch account.

GF Breakfast available daily upon request. Includes fruit/juice and milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 No School	4 GF Waffles~34g w/Chicken Sausage & Yogurt~19g Syrup~20g Fruit/Vegetable Selection	5 GF Chicken Nuggets~21g Mashed Potatoes w/Grav~20gy (Bernard's Gravy) Yellow Corn~15g Fruit/Vegetable Selection	6 Beef Hotdog on GF Bun~34g Baked Lay's Chips~19g Fruit/Vegetable Selection	7 Beef & Cheese Nachos~53g Fruit/Vegetable Selection
10 GF Pasta w/Meat Sauce~42g & GF Dinner Roll~17g Fruit/Vegetable Selection	11 GF Pizza~46g Fruit/Vegetable Selection	12 Walking Taco~31g Fruit/Vegetable Selection	13 GF Corn Dog x2~40g Baked Beans~29g Fruit/Vegetable Selection	14 GF Chicken Strips~17g GF Fries~25g Fruit/Vegetable Selection
17 No School	18 GF Waffles~34g w/Chicken Sausage & Yogurt~19g Syrup~20g Fruit/Vegetable Selection	19 GF Chicken Nuggets~21g Mashed Potatoes w/Grav~20gy (Bernard's Gravy) Yellow Corn~15g Fruit/Vegetable Selection	20 Beef Hotdog on GF Bun~34g Baked Lay's Chips~19g Fruit/Vegetable Selection	21 No School
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31 GF Chicken Nuggets~21g GF Fries~25g Fruit/Vegetable Selection	<p>SNS may experience food shortages and supply chain issues during SY21-22. These shortages may affect planned menu options requiring SNS to change the various menus on occasion and with little notice. SNS appreciates your participation in RPS meal programs and asks for your patience and understanding as we work through these food shortages.</p>			

**The planned lunch meal provides 600-700 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.