

# September 2022 Gluten Free Menu

# Elementary School LUNCH MENU

### Meal Prices

Student Breakfast    Free  
Student Lunch        \$2.35

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 No School	2 No School
5 No School	6 GF Corn Dog~20g Vegetarian Baked Beans~30g Fresh Baby Carrots~5g Chilled Pears~15g	7 Cheeseburger on GF Bun~40g GF Fries~15g Grape Tomatoes~4g Fresh Strawberries~7g	8 GF Cheese Pizza Steamed Broccoli~3g Cucumber Slices~2g Watermelon Chunks~7g	9 GF Waffles~34g w/Syrup~20g Chicken Sausage Links~0g GF Potato Coins~20g Fresh Orange Wedges~15g
12 GF Chicken Strips~13g GF Fries~15g Fresh Baby Carrots~5g Applesauce~15g	13 Beef & Cheese Taco on GF Tortilla~26g Seasoned Black Beans~20g Lettuce/Tomato~3g Banana~23g	14 GF Cheese Pizza Yellow Corn~15g Sugar Snap Peas~5g Fresh Cantaloupe~7g	15 Full Circle Rice Mac & Cheese~63g Salad Greens~2g Fresh Apple Slices~13g	16 Cheese Omelet~0g GF Muffin~19g GF Potato Coins~20g Chilled Pears~15g
19 GF Waffles~34g w/Syrup~20g Strawberry Yogurt~19g GF Potato Coins~20g Chilled Peaches~14g	20 GF Chicken Strips~13g Brown Rice~25g Mixed Vegetables~12g Fresh Broccoli~3g Pineapple Tidbits~16g	21 Beef & Cheese Nachos~34g Cheesy Refried Beans~29g Lettuce/Tomato~3g Banana~23g	22 Cheeseburger on GF Bun~40g Vegetarian Baked Beans~30g Fresh Baby Carrots~5g Fresh Grapes~8g	23 GF Chicken Strips~13g GF Fries~15g Sweet Pepper Strips~7g Mandarin Oranges~21g
26 Beef Hot Dog on GF Bun~35g Vegetarian Baked Beans~30g Fresh Baby Carrots~5g Chilled Pears~15g	27 GF Cheese Pizza Steamed Broccoli~3g Cucumber Slices~2g Watermelon Chunks~7g	28 GF Pasta w/Marinara Sauce~42g Cheese Stick~1g Salad Greens~2g Applesauce~15g	29 Walking Taco~28g Yellow Corn~15g Lettuce/Tomato~3g Fruit Cup~21g	30 GF Waffles~34g w/Syrup~20g Chicken Sausage Links~0g GF Potato Coins~20g Fresh Orange Wedges~15g

**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.

USDA is an equal opportunity provider, employer, and lender.