

November 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 GF Corn Dog~20g Vegetarian Baked Beans~30g Fresh Baby Carrots~5g Chilled Pears~15g	2 Beef & Cheese Taco on GF Tortilla~26g Yellow Corn~15g Lettuce/Tomato~3g Banana~23g Scooby Doo Fruit Snacks~21g	3 Cheeseburger on GF Bun~40g GF Fries~15g Cucumber Slices~2g Fresh Grapes~8g	4 GF Italian Dunker w/Pizza Sauce~35g Peas & Carrots~11g Vegetable Selection Pineapple Tidbits~16g
7 GF Chicken Nuggets~14g Bean Medley~21g Fresh Baby Carrots~5g Applesauce~15g	8 No School	9 GF Cheese Pizza Steamed Broccoli~2g Grape Tomatoes~4g Chilled Peaches~14g	10 GF Pasta w/Marinara Sauce~20g Cheese Stick~1g Sugar Snap Peas~5g Fresh Apple Slices~13g	11 GF Waffles~34g w/Syrup~20g Strawberry Yogurt~19g GF Potato Rounds~20g Fresh Orange Wedges~15g
14 GF Cheese Pizza Green Beans~3g Fresh Baby Carrots~5g Pineapple Tidbits~16g	15 GF Chicken Strips~13g GF Dinner Roll~17g Roasted Squash~15g Fresh Broccoli~3g Fresh Grapes~8g	16 Beef & Cheese Nachos~34g Cheesy Refried Beans~29g Lettuce/Tomato~3g Fruit Cup~21g	17 GF Chicken Nuggets~14g Brown Rice~25g Mixed Vegetables~12g Jicama Sticks~5g Clementine~9g	18 GF Waffles~34g w/Syrup~20g Chicken Sausage Links~0g GF Potato Rounds~20g Warm Apple Slices~15g
21 GF Pasta w/Marinara Sauce~20g Cheese Stick~1g Steamed Broccoli~2g Chilled Peaches~14g	22 Beef Hot Dog on GF Bun~35g Vegetarian Baked Beans~30g Cucumber Slices~2g Applesauce~15g	23 No School	24 No School	25 No School
28 GF Cheese Pizza Steamed Broccoli~3g Fresh Baby Carrots~5g Chilled Pears~15g	29 GF Chicken Strips~13g Brown Rice~25g Salad Greens~2g Diced Mangos~10g	30 Walking Taco~28g Yellow Corn~15g Lettuce/Tomato~3g Banana~23g		

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.

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