

December 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 Cheeseburger on GF Bun~40g Vegetarian Baked Beans~29g Cucumber Slices~2g Chilled Peaches~14g	2 GF Waffles~34g w/Syrup~20g Vanilla Yogurt~19g GF Potato Rounds~20g Warm Apple Slices~15g
5 GF Chicken Nuggets~14g Bean Medley~21g Fresh Baby Carrots~5g Applesauce~15g	6 GF Corn Dog~20g Yellow Corn~15g Sugar Snap Peas~5g Banana~23g	7 GF Cheese Pizza~48g Mixed Vegetables~12g Grape Tomatoes~4g Chilled Pears~15g	8 GF Chicken Strips~13g GF Dinner Roll~17g Carrot Coins~5g Fresh Broccoli~3g Clementine~9g	9 GF Italian Dunker w/Pizza Sauce~35g Peas & Carrots~11g Vegetable Selection Pineapple Tidbits~16g
12 GF Waffles~34g w/Syrup~20g Chicken Sausage Links~0g GF Potato Rounds~20g Clementine~9g	13 Beef Hot Dog on GF Bun~35g Vegetarian Baked Beans~30g Cucumber Slices~2g Fresh Apple Slices~13g	14 GF Chicken Nuggets GF Fries~20g Fresh Vegetable Selection Banana~23g Scooby Doo Fruit Snacks~21g	15 GF Pasta w/Marinara Sauce~20g Cheese Stick~1g Sugar Snap Peas~5g Fresh Grapes~8g	16 GF Cheese Pizza~48g Green Beans~3g Mandarin Oranges~21g
19 GF Chicken Strips~13g GF Dinner Roll~17g Celery Sticks~2g Applesauce~15g	20 GF Pasta w/Marinara Sauce~20g GF Dinner Roll~17g Vegetable Blend~4g Fruit Cup~21g	21 GF Chicken Nuggets~14g Brown Rice~25g Mixed Vegetables~12g Vegetable Selection Chilled Peaches~14g	22 GF Italian Dunker w/Pizza Sauce~35g Fresh Broccoli~3g Jolly Sorbet~23g	23 No School
26 No School	27 No School	28 No School	29 No School	30 No School

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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