

January 2023

Gluten Free Menu

High School

LUNCH MENU

Meal Prices
Student Breakfast **Free**
Student Lunch **\$2.45**

Gluten Free Breakfast available upon request. Includes a fruit and milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 GF Popcorn Chicken Bowl- GF Chicken Nuggets Mashed Potatoes w/Gravy Yellow Corn GF Dinner Roll Fruit Selection	4 GF Pizza Fruit/Vegetable Selection	5 GF Chicken Wrap (GF Tortilla) Fruit/Vegetable Selection	6 Chef Salad w/GF Chicken Strips GF Dinner Roll Fruit Selection
9 GF Hamburger or Cheeseburger GF Fries Fruit/Vegetable Selection	10 Chicken Filet on GF Bun GF Fries Fruit/Vegetable Selection	11 GF Pizza Fruit/Vegetable Selection	12 Egg, Chicken Sausage & Cheese Sandwich on GF English Muffin w/Breakfast Potatoes Fruit/Vegetable Selection	13 GF Chicken Tenders w/GF Fries Fruit/Vegetable Selection
16 No School	17 GF Popcorn Chicken Bowl- GF Chicken Nuggets Mashed Potatoes w/Gravy Yellow Corn GF Dinner Roll Fruit Selection	18 GF Pizza Fruit/Vegetable Selection	19 GF Chicken Wrap (GF Tortilla) Fruit/Vegetable Selection	20 Chef Salad w/GF Chicken Strips GF Dinner Roll Fruit Selection
23 GF Hamburger or Cheeseburger GF Fries Fruit/Vegetable Selection	24 Chicken Filet on GF Bun GF Fries Fruit/Vegetable Selection	25 GF Pizza Fruit/Vegetable Selection	26 Egg, Chicken Sausage & Cheese Sandwich on GF English Muffin w/Breakfast Potatoes Fruit/Vegetable Selection	27 No School
30 GF Pasta w/GF Alfredo Sauce & Chicken GF Dinner Roll Fruit/Vegetable Selection	31 GF Popcorn Chicken Bowl- GF Chicken Nuggets Mashed Potatoes w/Gravy Yellow Corn GF Dinner Roll Fruit Selection			

Menu subject to change due to product availability and weather delays/cancellations.

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