

Food Services Director: Nathan Shefter
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Please check the District Website, Food Services Tab to learn more.

Sign Up for Schoolcafe.com to apply for free/reduced meals, Look up nutritionals & make payments. Set up an account to receive low balance alerts.



Fleetwood Area School District Gluten Free Lunch Menu November 2023

** Menu Subject to Change**



Meal Prices

Breakfast	Lunch
Student - free	Student - Elem \$3.00 MS \$3.05 HS \$3.10
Reduced - free	Reduced- free

B Meal Option Offered Weekly	Monday 6-Nov	Tuesday 7-Nov	Wednesday 8-Nov	Thursday 9-Nov	Friday 10-Nov
Deli Sandwich Rotating options include- Ham, Turkey on GF Bread	A. Hamburger on GF Bun Lettuce & Tomato Fries Celery & Carrots w/ Dip	A. GF Chicken Tenders w/ GF Roll Carrot Coins Salad Greens	A. GF Pizza Bites Steamed Broccoli Sweet Potato Tots	A. GF Meatball Sub California Blend Side Salad	A. Crunchy Tacos w/Cheese, Lettuce, & Tomato Fiesta Beans Corn
C Meal Option offered Daily: Yogurt Meal: Yogurt, String Cheese, GF Muffin, Pirate Booty, Craisins & Carrot/Celery Sticks	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
Offered Daily: Fresh Fruits	A. GF Chicken Tenders w/ GF Roll Veggie Salad Greens	A. Hot Dog on GF Bun Baked Beans Broccoli	A. GF Pizza Bites w/ Marinara Sauce Broccoli Salad Greens	A. Turkey Dinner Lettuce & Tomato Baked Beans Smile Fries	A. Grilled Chicken Sandwich on GF Bun Lettuce & Tomato Green Beans Smile Fries
Fruit Options* Juice Variety, Apple Slices, Bananas, Peaches, Pears, Pineapple Tidbits, Grapes, Strawberries, Mandarin Oranges, Navel Oranges, Fruit Cocktail ** Fruits & Vegetables Provided Depends On Availability** We will substitute when necessary	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
	A. Breakfast Sandwich: Egg Patty & Turkey Sausage on GF Bagel Hash Brown Rounds	A. GF Pasta w/Sauce & GF Meatballs Roasted Zucchini Salad Greens	No School		No School
Milk Choices White Chocolate Skim Strawberry (Soy Milk is available for students w/dairy allergies)	27-Nov	28-Nov	29-Nov	30-Nov	1-Dec
	No School	A. GF Pizza Bites w/ Marinara Sauce Broccoli Salad Greens	A. Hamburger on GF Bun Lettuce & Tomato Fries Celery & Carrots w/ Dip	A. Lunch Box Meal: Yogurt, Turkey Coin Slices, Cheese Stick, GF Roll, & GF Cookie	A. Grilled Chicken Sandwich on GF Bun Lettuce & Tomato Green Beans Fries
Equal Opportunity Institution. Menu Subject to Change.					

The Tiger LUNCH Meal Deal

<p>Choose ONE Entree: Daily Entree Special Alternate Meal Yogurt Meal</p>	<p>Choose up to TWO Sides of Fruit: Fresh Fruit Fruit Cup Fruit Juice (only 1 serving)</p>	<p>Choose up to TWO Sides of Veggies: Daily Vegetable Assorted Vegetable Cup</p>
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Don't Forget - Take at least ONE Fruit or Veggie. And at least THREE items total so your meal counts as a complete lunch.