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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 October 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	Tuesday	Wednesday	Thursday	Friday
	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Deli Sandwich Rotating options include- Ham, Turkey, Italian on GF Bread	A. Breakfast Sandwich: Egg Patty & Turkey Sausage on GF Bagel Hash Brown Rounds Carrot & Celery Sticks	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. Hot Dog on GF Bun Baked Beans Tater Tots
C Meal Option offered Daily: Yogurt Meal: Yogurt, String Cheese, GF Muffin, Pirate Booty, Craisins & Carrot/Celery Sticks	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Offered Daily: Fresh Fruits	No School	A. Hamburger on GF Bun Lettuce & Tomato Baked Beans Smile Fries	A. GF Pizza Bites w/ Marinara Sauce Broccoli Salad Greens	A. Crunchy Tacos w/Cheese, Lettuce, & Tomato Fiesta Beans Corn	A. GF Meatball Sub California Blend Side Salad
Fruit Options* Juice Variety, Apple Slices, Bananas, Peaches, Pears, Pineapple Tidbits, Grapes, Strawberries, Mandarin Oranges, Navel Oranges, Fruit Cocktail	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
** Fruits & Vegetables Provided Depends On Availability** We will substitute when necessary	A. Grilled Chicken Sandwich on GF Bun Lettuce & Tomato Green Beans Smile Fries	A. GF Pasta w/Sauce & GF Meatballs Roasted Zucchini Salad Greens	A. GF Chicken Tenders w/ GF Roll Carrot Coins Salad Greens	A. Hot Dog on GF Bun Baked Beans Tater Tots	A. Lunch Box Meal: Yogurt, Turkey Coin Slices, Cheese Stick, GF Roll, & GF Cookie
	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Milk Choices White Chocolate Skim Strawberry (Soy Milk is available for students w/dairy allergies)	A. Hamburger on GF Bun Lettuce & Tomato Baked Beans Smile Fries	A. GF Pizza Bites w/ Marinara Sauce Broccoli Salad Greens	A. Crunchy Tacos w/Cheese, Lettuce, & Tomato Fiesta Beans Corn	A. GF Mac & Cheese w/GF Roll Glazed Honey Carrots Salad Greens	A. Tuna Salad on GF Bread Broccoli Florets Sweet Potato Tots
Equal Opportunity Institution. Menu Subject to Change.	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
	A. Breakfast Sandwich: Egg Patty & Turkey Sausage on GF Bagel Hash Brown Rounds Carrot & Celery Sticks	A. Grilled Chicken Breast w/ GF Pasta & Sauce Steamed Broccoli Salad Greens	A. GF Meatball Sub California Blend Side Salad	A. Hot Dog on GF Bun Baked Beans Tater Tots	A. GF Pizza Bites w/Marinara Sauce Roasted Cauliflower Side Salad



The Tiger LUNCH Meal Deal

Choose ONE Entree:

Daily Entree Special
 Alternate Meal
 Yogurt Meal

Choose up to TWO Sides of Fruit:

Fresh Fruit
 Fruit Cup
 Fruit Juice (only 1 serving)

Choose up to TWO Sides of Veggies:

Daily Vegetable
 Assorted Vegetable Cup

Don't Forget - Take at least ONE Fruit or Veggie. And at least THREE items total so your meal counts as a complete lunch.

