

# Kingsway Regional School District

## Gluten Free Lunch Options

|                      |       |          |
|----------------------|-------|----------|
| Student's Name:      | Grade | Homeroom |
| Student's ID Number: |       |          |
| Week of:             |       |          |

**FOR MORE THAN ONE DAY SELECT WHICH MEAL YOU'D LIKE FOR EACH DAY**  
(MONDAY-M, TUESDAY-T, WEDNESDAY-W, THURSDAY-TH, FRIDAY-F)

| GLUTEN FREE SANDWICHES |  | GLUTEN FREE HOAGIES |  |
|------------------------|--|---------------------|--|
| Turkey and Cheese      |  | Turkey and Cheese   |  |
| Ham and Cheese         |  | Ham and Cheese      |  |
| BLT w/ Cheese          |  | Buffalo Chicken     |  |
| Peanutbutter and Jelly |  | BBQ Chicken         |  |
| Cheese Sandwich        |  | Italian             |  |

| GLUTEN FREE SALADS                    |  | GLUTEN FREE HOT SANDWICHES |  |
|---------------------------------------|--|----------------------------|--|
| Garden Salad with Assorted Vegetables |  | Grilled Cheese             |  |
| Garden Salad with Grilled Chicken     |  | Chicken Patty              |  |
| Buffalo Chicken Salad                 |  | Cheeseburger               |  |
| Garden Salad with Tuna                |  | Spicy Chicken Patty        |  |
| BBQ Chicken Salad                     |  | Hot Ham and Cheese         |  |
| Chef Salad                            |  | Cheesesteak Sandwich       |  |

*SALAD DRESSING OPTIONS INCLUDE: LIGHT ITALIAN, LIGHT RANCH, LIGHT FRENCH, SOUTHWEST*

| GLUTEN FREE MAIN MEALS                              |  |
|-----------------------------------------------------|--|
| Chicken Nuggets with Fries                          |  |
| Nachos Grande (Tuesdays Only)                       |  |
| Popcorn Chicken with Fries                          |  |
| Meatball Sandwich with Fries                        |  |
| Pizza with Fries                                    |  |
| Baked Chicken with Fries                            |  |
| Hot Dog with Fries                                  |  |
| Baked Macaroni and Cheese                           |  |
| Chicken Fajita Wrap with Cheese, Peppers and Onions |  |
| Pasta with Marinara Sauce and Side Salad            |  |



All lunches include a piece of fruit, vegetable of the day or french fries and milk.  
All cooks are trained to ensure meals are prepared with safety in mind.

Please note that receiving your child's order for the week is preferred. Gluten Free orders must be sent to [millers@krsd.us](mailto:millers@krsd.us)  
Suzanne Miller, Director of Food Services 856-467-3300 x4227 Madeline Psihalinos, Assistant Food Service Director 856-467-3300 x4226

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