

GLUTEN CONTROLLED LUNCH CYCLE MENU

ELEMENTARY /RJEMS/BF

*Students who have a Special Diet Statement signed by a recognized medical professional may select items from our gluten free menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/2-9/5 10/6-10/10 11/10-11/13 12/15-12/19 1/20-1/23 2/23-2/27 5/4-5/8	GF Chicken Strips Brown Rice Blend Garden Salad Peas & Carrots Fruit Cup Lowfat Milk	GF Chicken Mashed Potatoes Tangy Cranberries Broccoli Buds Pineapple Tidbits Lowfat Milk	GF Burrito W K Corn Fresh Fruit Lowfat Milk	GF WG Udis Bread Lunch Meat & Cheese Sandwich Green Beans Fresh Fruit Lowfat Milk	GF Super Deli Sub/Udis Bun Fresh Fixings Pickle Spears Crunchy Baby Carrots w/hummus Fresh Fruit Lowfat Milk
	W1D1	W1D2	W1D3	W1D4	W1D5
9/8-9/12 10/13-10/15 11/17-11/21 1/26-1/30 3/2-3/6 4/6-4/10 5/11-5/15	GF Udis Grilled Cheese Crisp Vegetables Fresh Fruit Lowfat Milk	GF Frito Lay Nachos w/Cheese Sauce WK Corn Fresh Fruit Lowfat Milk	GF WG Udis Bread Lunch Meat & Cheese Sandwich Veggies w/Rsted Red Pep Hummus Mandarin Oranges Lowfat Milk	GF Nature's Path Waffle Cheese Stick/ 4 Cheese Slices Crispy Hashbrown Tangy Tomato Juice Fresh Fruit Lowfat Milk	GF Amy's Macaroni & Cheese Spinach & Romaine Salad Mixed Vegetables Pineapple Tidbits Lowfat Milk
	W2D1	W2D2	W2D3	W2D4	W2D5
9/15-9/19 10/20-10/24 11/24-11/26 2/2-2/6 3/9-3/13 4/13-4/17 5/18-5/22	Roasted Chicken Fillet/GF Bun Shredded Lettuce Calico Beans Fresh Vegetables Chilled Peaches Lowfat Milk	GF WG Udis Bread Lunch Turkey/Shredded lettuce/Tomato Pickle Spear Mediterranean Chick Pea Salad Fresh Fruit Lowfat Milk	GF Against the Grain Pizza GF Bread Slice Celery Sticks Fruit Cup Lowfat Milk	GF Amy's Macaroni & Cheese Garden Blend Salad Baked Potato GF Bread Slice Fresh Fruit Lowfat Milk	GF Pulled Pork/GF Bun Early June Peas Chilled Applesauce Lowfat Milk Potato Chips
	W3D1	W3D2	W3D3	W3D4	W3D5
9/22-9/26 10/27-10/31 12/1-12/6 1/5-1/9 2/9-2/13 3/16-3/20 4/20-4/24	Roasted Chicken Fillet/GF Bun Shredded Lettuce California Blend Vegetables Mandarin Oranges Lowfat Milk	GF Burrito American Farm's Refr. Beans Seasoned Green Beans Sliced Apples w/Cinnamon Lowfat Milk	GF Hotdog/GF Bun Potato Salad Chilled Applesauce Lowfat Milk Fun Fruit	GF Café BR Chick. Noodle Soup GF WG Udis Bread Lunch Meat & Cheese Sandwich Veggies w/Hummus Fresh Fruit Lowfat Milk	GF WG Udis Bread Lunch Meat & Cheese Sandwich Garden Blend Salad Baby Carrots Diced Pears Lowfat Milk
	W4D1	W4D2	W4W3	W4D4	W4D5
9/29-10/3 11/4-11/7 12/8-12/12 1/12-1/15 2/17-2/20 3/24-3/27 4/27-5/1	GF Hamburger/ GF Bun Pickle Slices Regular Tator Tots Fresh Fruit Lowfat Milk	GF Amy's Macaroni & Cheese Garden Blend Salad Vegetable Cup Chilled Applesauce Lowfat Milk	GF Against the Grain Pizza Spinach & Romaine Salad Green Beans Fruit Cup Lowfat Milk	GF WG Udis Grilled Cheese Broccoli Buds w/ Hummus Mandarin Oranges Lowfat Milk	GF WG Udis Bread Lunch Meat & Cheese Sandwich Early June Peas Peaches Lowfat Milk
	W5D1	W5D2	W5D3	W5D4	W5D5

GF (Gluten Free)

BR (Brand)

WG (Whole Grain)

GF Cheese:

Bongard Sliced Amer. Com. Cheese

Schreiber Sliced Amer. Cheese

Schreiber Sliced Swiss Cheese

GF Lunch Meat:

Jenni-O Ovn Rsted Turkey Brst

Jenni-O Sliced Turkey Ham

GF items are available to students who have doctor's instructions not to consume gluten.

NOTICE: This menu is written for children with a food intolerance, medical condition or food allergy; however, ingredients and menu items are subject to change or substitution without notice and allergens may enter the food supply.