September 2026

MIDDLE SCHOOL GLUTEN FREE LUNCH

Lunch Meal Prices
Reduced: FREE
Full Pay: $3.75

M	T	W	T	F
			27 GF Chicken Tenders Brown Rice Steamed Broccoli	28 GF Cheese Pizza Caesar Salad* (no croutons)
31 GF Pepperoni Stuffer Potato Wedges "Pizza" Green Beans	1 GF Panackes Chicken Sausage Patties Hash Brown Maple Syrup	2 GF Chicken Tenders Mashed Potatoes Seasoned Corn	3 Turkey Kielbasa Mashed Potatoes Roasted Brussel Sprouts	4 GF Cheese Pizza Garden Salad with Ranch Dressing*
	8 GF Waffles Pork Sausage Link Tater Tots Maple Syrup	9 Hamburger or Cheeseburger on GF Bun Curly Fries Vegetarian Baked Beans	10 GF Chicken Tenders with Sweet & Sour Dipping Sauce Brown Rice Steamed Broccoli	11 GF Cheese Pizza Garden Salad with Ranch Dressing*
14 All Beef Hotdog on a GF Bun Sweet Potato Fries Seasoned Corn	15 Egg and Cheese on a GF Bagel Cinnamon Apples Hash Brown Early Dismissal	16 GF Cheese Quesadilla Seasoned Black Beans Salsa, Sour Cream	17 GF Pasta with Meat Sauce GF Roll Cheesy Summer Squash*	18 GF Cheese Pizza Garden Salad with Ranch Dressing*
21 Beef Nachos Corn and Black Bean Salad Queso, Salsa, and Sour Cream	22 GF Pancakes Chicken Sausage Patties Tater Tots Maple Syrup	23 GF Chicken Tenders GF Caprese Pasta Salad Mixed Seasonal Veggies*	24 GF Pepperoni Stuffer Lay's Potato Chips Cucumber & Tomato Salad*	25 GF Cheese Pizza Caesar Salad* (no croutons)
28 GF Mac and Cheese Steamed Peas	29 GF Pancakes Egg Patty Hash Brown Maple Syrup	30 GF Grilled Cheese Tater Tots Sweet Summer Slaw*		

Menu is subject to change.
Please inform food service staff of any allergies before ordering.

This institution is an equal opportunity provider.

To contact Food Services - Call 860-628-3286 x21221 or
nmaxellon@southingtonschools.org
Nicole Maxellon, Food Service Director

Offered Daily: Rainbow Veggie Tray, Assorted Fresh and Canned Fruit, Unflavored and Flavored Milk

Alternate Lunches: Assorted Salads