

September 2026 High School Lunch Menu

Gluten Free

Monday Aug 31st	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th
ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY
Triple Cheese Grilled Sandwich on GF Bread with GF Tomato Basil Soup	GF Chicken Nuggets w GF Teriyaki Sauce and Asian Rice	GF Waffles Syrup, Pork Sausage Pattie, and Hash Brown Patties	GF Macaroni and Cheese w GF Bread	GF Chicken Tenders over GF Pasta with Marinara Sauce and GF Bread
SIDES	SIDES	SIDES	SIDES	SIDES
Mixed Vegetable Medley	Seasoned Carrots	Fresh Banana	Savory Green Beans	Seasoned Broccoli
Fresh Red Seedless Grapes	Rosy Applesauce	Chilled Peaches	Fresh Orange	Fresh Pear
Chilled Diced Pears	Fresh Whole Strawberries	Fresh Red Delicious Apple	Chilled Pineapple Chunks	Mixed Fruit in 100% Juice
Fresh Red Delicious Apple	Fresh Red Delicious Apple	Fresh Fuji Apple	Fresh Red Delicious Apple	Fresh Red Delicious Apple
Fresh Fuji Apple	Fresh Fuji Apple	Fresh Granny Smith Apple	Fresh Fuji Apple	Fresh Fuji Apple
Fresh Granny Smith Apple	Fresh Granny Smith Apple	Carrot & Celery Sticks	Fresh Granny Smith Apple	Fresh Granny Smith Apple
Sliced Cucumbers	Fresh Grape Tomatoes	Fresh Cauliflower Florets	Fresh Broccoli Florets	Carrot & Celery Sticks
Corn & Black Bean Salad	Tossed Side Salad	Vegetable Pasta Salad	Fresh Caesar Salad	Fresh Cauliflower Florets
				Corn Salad with Ranch
7th	8th	9th	10th	11th
ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY
No School Labor Day	GF Chicken Nuggets w GF Teriyaki Sauce and Asian Rice	GF Waffles Syrup, Pork Sausage Pattie, Eggs and Hash Brown Patties	GF Chicken Tenders with Mashed Potatoes with GF Gravy and GF Bread	GF Chicken Alfredo Sauce over GF Pasta w GF Bread
SIDES	SIDES	SIDES	SIDES	SIDES
	Seasoned Carrots	Hash Brown Patty	Seasoned Corn	Savory Green Beans
	Applesauce	Fresh Banana	Fresh Whole Strawberries	Fresh Pear
	Fresh Red Delicious Apple	Chilled Peaches	Chilled Blueberries	Mandarin Oranges
	Fresh Fuji Apple	Fresh Red Delicious Apple	Fresh Red Delicious Apple	Fresh Red Delicious Apple
	Fresh Granny Smith Apple	Fresh Fuji Apple	Fresh Fuji Apple	Fresh Fuji Apple
	Baby Carrots & Celery Sticks	Fresh Granny Smith Apple	Fresh Granny Smith Apple	Fresh Granny Smith Apple
	Tossed Side Salad	Red Bell Pepper Strips	Fresh Broccoli Florets	Fresh Caesar Salad
		Fresh Cauliflower Florets	Marinated Cool Cucumbers	Fresh Grape Tomatoes
		Vegetable Pasta Salad		Garbanzo Beans
14th	15th	16th	17th	18th
ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY
Pulled Pork, Ham & Swiss Cubano on GF bun with Sweet Potato Fries	GF Noodles & Vegetable GF Teriyaki Stir Fry	GF Waffles Syrup, Pork Sausage Pattie, Eggs and Hash Brown Patties	Baked Potato Bar, GF Bread	Please Select an item from the list below.
SIDES	SIDES	SIDES	SIDES	SIDES
Mixed Vegetable Medley	Seasoned Carrots	Fresh Banana	Seasoned Broccoli	Savory Green Beans
Fresh Red Seedless Grapes	Fresh Whole Strawberries	Chilled Peaches	Fresh Orange	Fresh Pear
Chilled Diced Pears	Apple Cinnamon Slices	Blueberry Crisp	Chilled Pineapple Chunks	Mixed Fruit in 100% Juice
Fresh Red Delicious Apple	Fresh Red Delicious Apple	Fresh Red Delicious Apple	Fresh Red Delicious Apple	Fresh Red Delicious Apple
Fresh Fuji Apple	Fresh Fuji Apple	Fresh Fuji Apple	Fresh Fuji Apple	Fresh Fuji Apple
Fresh Granny Smith Apple	Fresh Granny Smith Apple	Fresh Granny Smith Apple	Fresh Granny Smith Apple	Fresh Granny Smith Apple
Sliced Cucumbers	Fresh Grape Tomatoes	Carrot & Celery Sticks	Fresh Broccoli Florets	Carrot & Celery Sticks
Corn & Black Bean Salad	Tossed Side Salad	Fresh Cauliflower Florets	Fresh Caesar Salad	Fresh Cauliflower Florets
Pineapple-Jalapeno Slaw		Vegetable Pasta Salad		Corn Salad with Ranch
21st	22nd	23rd	24th	25th
ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY
Pulled Pork BBQ Sandwich on GF Bun With Baked Lays Chips	GF Chicken Nuggets w GF Teriyaki Sauce and Asian Rice	GF Waffles Syrup, Pork Sausage Pattie, Eggs and Hash Brown Patties	Jamaican Jerk Chicken with Yellow Rice and GF Bread	GF Spaghetti with Italian Meat Sauce and GF Bread
SIDES	SIDES	SIDES	SIDES	SIDES
Confetti Coleslaw	Seasoned Carrots	Fresh Banana	Seasoned Peas	Seasoned Broccoli
Fresh Clementines	Fresh Orange	Chilled Peaches	Fresh Whole Strawberries	Fresh Pear
Mixed Fruit in 100% Juice	Applesauce	Fresh Red Delicious Apple	Chilled Blueberries	Mandarin Oranges
Fresh Red Delicious Apple	Fresh Red Delicious Apple	Fresh Fuji Apple	Fresh Red Delicious Apple	Fresh Red Delicious Apple
Fresh Fuji Apple	Fresh Fuji Apple	Fresh Granny Smith Apple	Fresh Fuji Apple	Fresh Fuji Apple
Fresh Granny Smith Apple	Fresh Granny Smith Apple	Red Bell Pepper Strips	Fresh Granny Smith Apple	Fresh Granny Smith Apple
Fresh Cauliflower Florets	Baby Carrots & Celery Sticks	Fresh Cauliflower Florets	Fresh Broccoli Florets	Fresh Caesar Salad
Corn Salad with Ranch	Tossed Side Salad	Vegetable Pasta Salad	Marinated Cool Cucumbers	Fresh Grape Tomatoes
				Garbanzo Beans
28th	29th	30th	Oct 1st	Oct 2nd
ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY
Triple Cheese Grilled Sandwich on GF Bread with GF Tomato Basil Soup	GF Chicken Nuggets w GF Teriyaki Sauce and Asian Rice	GF Waffles Syrup, Pork Sausage Pattie, and Hash Brown Patties	GF Macaroni and Cheese w GF Bread	GF Chicken Tenders over GF Pasta with Marinara Sauce and GF Bread
SIDES	SIDES	SIDES	SIDES	SIDES
Mixed Vegetable Medley	Seasoned Carrots	Fresh Banana	Savory Green Beans	Seasoned Broccoli
Fresh Red Seedless Grapes	Rosy Applesauce	Chilled Peaches	Fresh Orange	Fresh Pear
Chilled Diced Pears	Fresh Whole Strawberries	Fresh Red Delicious Apple	Chilled Pineapple Chunks	Mixed Fruit in 100% Juice
Fresh Red Delicious Apple	Fresh Red Delicious Apple	Fresh Fuji Apple	Fresh Red Delicious Apple	Fresh Red Delicious Apple
Fresh Fuji Apple	Fresh Fuji Apple	Fresh Granny Smith Apple	Fresh Fuji Apple	Fresh Fuji Apple
Fresh Granny Smith Apple	Fresh Granny Smith Apple	Carrot & Celery Sticks	Fresh Granny Smith Apple	Fresh Granny Smith Apple
Sliced Cucumbers	Fresh Grape Tomatoes	Fresh Cauliflower Florets	Fresh Broccoli Florets	Carrot & Celery Sticks
Corn & Black Bean Salad	Tossed Side Salad	Vegetable Pasta Salad	Fresh Caesar Salad	Fresh Cauliflower Florets
				Corn Salad with Ranch
AVAILABLE EVERY DAY	AVAILABLE EVERY DAY	AVAILABLE EVERY DAY	AVAILABLE EVERY DAY	AVAILABLE EVERY DAY
GF Cheese Pizza	GF Cheese Pizza	GF Cheese Pizza	GF Cheese Pizza	GF Cheese Pizza
GF Pepperoni Pizza	GF Pepperoni Pizza	GF Pepperoni Pizza	GF Pepperoni Pizza	GF Pepperoni Pizza
GF Chicken Tenders on GF Bun	GF Chicken Tenders on GF Bun	GF Chicken Tenders on GF Bun	GF Chicken Tenders on GF Bun	GF Chicken Tenders on GF Bun
Cheeseburger on GF Bun	Cheeseburger on GF Bun	Cheeseburger on GF Bun	Cheeseburger on GF Bun	Cheeseburger on GF Bun
Hamburger on GF Bun	Hamburger on GF Bun	Hamburger on GF Bun	Hamburger on GF Bun	Hamburger on GF Bun
Turkey Ham & Cheese on GF Bread	Turkey Ham & Cheese on GF Bread	Turkey Ham & Cheese on GF Bread	Turkey Ham & Cheese on GF Bread	Turkey Ham & Cheese on GF Bread

For Full Nutrition Information call Food Service at 651-460-3820

Menu Subject to Change Without Notice. Questions or Comments? Contact Food Service at 651-460-3820

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