

October 2026 Gluten Free Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1-Oct	2-Oct
			Nacho Grande Sour Cream Corn & Black Bean Salsa Garden Salad Apple Slices	Cheeseburger / Hamburger on a GF Bun Sweet Potato Fries Baked Beans Apple Slices
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct
GF Mac n Cheese Garden Salad Crispy Tater Tots Fresh Apple 	GF Meatball Hero Buttered Corn Garden Salad Fresh Orange Sweet Potato Fries	Egg and Cheese on a GF Bagel Fresh Blueberries Fresh Strawberries Sweet Potato Fries 	GF Chicken Tenders Crispy Tater Tots Baby Carrots Fresh Orange	Cheese Pizza on a GF Bagel Garden Salad Fresh Banana Baby Carrots
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct
	GF Chicken Tenders Crispy Tater Tots Baby Carrots Fresh Orange	GF Pasta with Tomato Sauce Green Beans Crispy Tater Tots Fresh Orange	Nacho Grande Sour Cream Corn & Black Bean Salsa Garden Salad Apple Slices	Ham & Cheese Melt on a GF Bagel Baby Carrots Fresh Banana Cherry Tomatoes
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct
GF Pasta with Tomato Sauce Green Beans Crispy Tater Tots Fresh Orange 	GF Mac n Cheese Garden Salad Crispy Tater Tots Fresh Apple	Egg and Cheese on a GF Bagel Fresh Blueberries Fresh Strawberries  	Beef Hot Dog on GF Bun Crispy Tater Tots Baby Carrots Fresh Orange	Cheese Pizza on a GF Bagel Garden Salad Fresh Banana Baby Carrots
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct
GF Pasta with a Garlic Pesto Sauce Green Beans Crispy Tater Tots 	GF Chicken Tenders Crispy Tater Tots Baby Carrots Fresh Orange	Egg and Cheese on a GF Bagel Fresh Blueberries Fresh Strawberries Sweet Potato Fries 	Cheeseburger / Hamburger on a GF Bun Sweet Potato Fries Baked Beans Apple Slices	Ham & Cheese Melt on a GF Bagel Baby Carrots Fresh Banana Cherry Tomatoes
Available Daily: GF Bagel w/Cheesesticks or Vanilla Yogurt Cup w/Fruit or Turkey & Cheese Roll				
All Meals Served with Vegetables, Fruit and/or Juice, Fat Free, 1% or FF Chocolate Milk				

