



*Indicates items that contain Pork

- Fresh from New York Dairy Farms! Choose Your Favorite Milk:
- 2% White
 - Fat-Free Chocolate
 - Lactose-Free White
 - Lactose-Free Chocolate

Gluten Free Menu

Every carton proudly supports New York dairy farmers!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Entree: Grilled chicken Sandwich on Gluten free roll Side: Baked beans Veg: Glazed carrots Fruit: Mandarin oranges	3 No School! Superintendent's Day <i>Gluten Free Menu</i>	4 Entree: Beef Hamburger on a Gluten free bun Side: Potato Smile fries Veg: Pickle Spears Fruit: Strawberries	5 Entree: Gluten Free Chicken Alfredo Side: Whole grain pasta Veg: Steamed Broccoli Veg: Cucumber Slices Fruit: Applesauce Cup	6 Entree: Cheese/Pepperoni* Pizza On a cauliflower crust Side: Garden Side salad Veg: :Garlic green beans Fruit: Diced pineapple
9 Entree: Grilled Cheese On Gluten Free bread Side: Broccoli cheddar soup Veg: Potato Smile fries Fruit: Diced pears	10 Entree: Turkey Nachos Side: Whole grain chips Veg: Refried beans Veg: Corn Fruit: Blueberries	11 No School! Veteran's Day <i>Gluten Free Menu</i>	12 Entree: Gluten Free Side: Garden Side salad Veg: Cauliflower Fruit: Mandarin Oranges	13 Entree: Cheese/Pepperoni* Pizza On a cauliflower crust Side: Spinach side salad Veg: Red pepper strips Fruit: Diced peaches
16 Half Day Grab and go Lunch Available	17 Entree: Roasted Turkey Side: Gluten free dinner roll Veg: Mashed potatoes Veg: Peas Fruit: Cranberry sauce	18 Entree: Chicken Fajitas Gluten free Tortillas Side: Pepper strips Veg: Black beans Fruit: Applesauce cup	19 <i>Limited Time Offer</i> Entree: Gluten Free Pepperoni Quesadilla Side: Potato smile fries Veg: Green beans Fruit: Diced pineapple	20 Entree: Cheese/Pepperoni* Pizza On a cauliflower crust Side: Caesar side salad Veg: Steamed carrots Fruit: Diced pears
23 Entree: Grilled Chicken Breast sandwich on gluten free bun Side: Potato smile fries Veg: Sliced cucumbers Fruit: Diced peaches	24 Half day! Grab and go lunch available.	25 NO School! Happy Thanksgiving	26 NO School! Happy Thanksgiving	27 NO School! Happy Thanksgiving
30 Entree: Beef Goulash With Gluten free pasta Side: Sliced cucumbers Veg: Broccoli w/ ranch Fruit: Mandarin oranges	Offered Daily at Breakfast Gluten free bagels and muffins Variety of gluten free cereals Fresh apples, oranges and bananas 100% juice	Offered Daily at lunch Gluten Free Bagel Pak 4oz yogurt, 1oz cheese stick and cream cheese. Garden vegetable salad with grilled chicken Cheese Nacho Bento Whole grain tortilla chips, cheddar cheese sauce, and salsa	Offered Daily at Lunch Deli Sandwich on gluten free bread	For questions about the menu, dietary, or Allergy concerns. Please contact: Kerri Sanders ksanders@gfsd.org