



Gluten Free Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
GF Blueberry Muffin	Assorted G/F Cereals with Cheese Stick	Egg & Cheese on a G/F Bagel	Fruit Parfait with a Cheese Stick	GF Chocolate Chunk Muffin
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
<u>Student Paid Lunch \$0.00</u>				

USDA is an equal opportunity provider and employer.

Chris Weakland
General Manager
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717-240-6800 ext. 26804

**Entrée only listed. Fruit will be the daily offering.

What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of fruit or vegetable
(must take at least a 1/2 cup)
and

Choice of Milk

Choice of Milk - 1% white, fat-free
white, chocolate, vanilla and
strawberry

**You must take at least 1/2 cup of
fruit or vegetable**

Fruit May Include:

Canned peaches, applesauce,
pears, pineapple, fruit cocktail,
mandarin oranges, 100% juice
(apple, orange), fresh fruit
selection including apples,
bananas and oranges



Gluten Free Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
GF Penne Pasta	Nachos Grande	Hot Dog on a GF Roll	Hamburger on G/F Roll	Cheesy Pizza on
w/ Marinara Sauce				Gluten Free Califlower Crust
Featured Veggies:	Featured Veggies:	Featured Veggies:	Featured Veggies:	Featured Veggies:
Vegetable Choices of the Day	Vegetable Choices of the Day	Vegetable Choices of the Day	Vegetable Choices of the Day	Vegetable Choices of the Day
Vegetable Choices of the Day	Vegetable Choices of the Day	Vegetable Choices of the Day	Vegetable Choices of the Day	Vegetable Choices of the Day
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
<u>Student Paid Lunch \$3.20</u>				

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Entrée only listed. Vegetable and Fruit will be the daily offering. **Exception include Tomato Soup and menued fry option which will be substituted for crinkle cut French Fries.

What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of fruit or vegetable
 (must take at least a 1/2 cup)
 and
 Choice of Milk
 Choice of Milk - 1% white, fat-free
 white, chocolate, vanilla and
 strawberry

You must take at least 1/2 cup of

Fruit May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage