



Gluten Free Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted G/F Cereals with Cheese Stick	Baked Berry Pan Cake	Egg & Cheese on a G/F Roll	Fruit Parfait with a Cheese Stick	Open face Egg and Cheese Sandwich on G/F Bread
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

Student Paid Lunch \$0.00

USDA is an equal opportunity provider and employer.

Chris Weakland
General Manager
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**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
Bake Brush GF	Nachos Grande	Hot Dog on a GF Roll	Soy Garlic Chicken	Cheesy Pizza on
Chicken fingers	w/ Shredded Cheddar Cheese		Over Rice	Gluten Free Califlower Crust
Over Brown Rice (GF)				
<u>Featured Veggies:</u>	<u>Featured Veggies:</u>	<u>Featured Veggies:</u>	<u>Featured Veggies:</u>	<u>Featured Veggies:</u>
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
Hot Turkey and Cheese on	Coconut Cauliflower Curry	Hamburger on G/F Roll	Taco Salad	Pizza Bagels on a G/F Bagel
a GF Roll	Over Rice		w/ Tortilla Chips	
<u>Featured Veggies:</u>	<u>Featured Veggies:</u>	<u>Featured Veggies:</u>	<u>Featured Veggies:</u>	<u>Featured Veggies:</u>
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
Pineapple Tidbits	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 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

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