

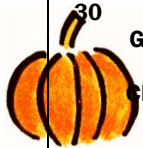



# NEW GLUTEN FREE MENU

2019



Orders from this menu must be placed  
With the kitchen 2 days in advance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU IS SUBJECT TO CHANGE	1 <b>Rosh Hashanah School Closed</b>	2 GF Chicken Nuggets BBQ Baked beans Sweet Corn Fruit choice Milk Choice	3 Hamburger/Cheeseburger on a GF Bun Carrot coins Fruit choice Milk Choice	4 <b>GF Pizza Garden Salad Fruit choice Milk Choice</b>
7 Turkey & cheese melt on GF bread Green Beans Fruit choice Milk choice	8 GF Grilled Cheese Black Beans Fruit Choice Milk Choice	9 <b>Yom Kippur School Closed</b>	10 <b>Brunch For Lunch</b> GF waffles with Bacon carrot sticks Fruit Choice Milk Choice	11 GF Chicken Tenders Garden Salad Fruit Choice Milk Choice
14 <b>Columbus Day School Closed</b>	15 GF Chicken nuggets w/ dipping sauce Chick Pea salad Fruit choice Milk Choice	16 Ham & Cheese melt on GF bagel Sweet Corn Fruit Choice Milk Choice	17 GF Grilled cheese Carrots Fruit choice Milk Choice	18 <b>GF Pizza Green Beans Fruit Choice Milk Choice</b>
21 GF Grilled cheese Carrot coins Fruit choice Milk Choice	22 Sloppy joe on GF roll Sweet corn Fruit choice Milk Choice	23 GF Chicken Tenders Broccoli Fruit Choice Milk Choice	24 <b>Brunch For Lunch</b> Bagel w/ cream cheese Sausage patty Celery sticks Fruit Choice Milk Choice	25 GF Chicken Teriyaki Garden Salad Fruit Choice Milk Choice
28 Grilled turkey and cheese on GF bread Broccoli Fruit Choice Milk Choice	29 GF Chicken nuggets w/ dipping sauce sweet corn Fruit Choice Milk Choice	30  Grilled Chicken On A GF Roll Chick pea salad Fruit choice Milk Choice	31 <b>Happy Halloween</b> GF Mac and cheese Carrot sticks w/ dip Fruit Choice Milk Choice	<b>We Use Boar's Head Premium Deli Meats</b>  <b>Boar's Head</b>

**Regular Lunch-\$2.90**  
Please register at  
MySchoolBucks.com  
To make pre-payments,  
Check balances and  
Transaction history. Look on  
District Website under  
"Lunch Menus" for details.

Please place your  
orders 2 days in  
advance when ordering  
Gluten free menu  
Items

Meal Components

- Meat/Meat alternative** – 1-2 oz. Daily minimum (8-10 oz. weekly)
  - Whole Grain** – 1-2oz – (8-9 oz. weekly)
  - Vegetable** – 3/4 cup (3 3/4 cup weekly)
  - Fruit** – 1/2 Cup (2 1/2 cup weekly)
  - Milk** – 8 oz. milk choice
- USDA Regulations – Students must take 3 of 5 components 1 of which must be a fruit or vegetable

We are committed to serving healthy, nutritious meal choices. Our meals emphasize whole grains, fresh fruits, vegetables and *nothing is ever fried*. **Menu is subject to change without notice.** This institution is an equal opportunity Provider and employer. If you would like to apply for a sub position with our kitchen please contact Human Resources at 631.262.6627.

**DAILY ALTERNATES:**  
Regular Bagel with Butter or Cream Cheese  
Cereal, Yogurt with Fresh Fruit