






# 2019



# NEW GLUTEN FREE MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><u>We Use Boar's Head Premium Deli Meats</u></p>  <p><b>Boar's Head</b></p>			<p>1</p> <p><b>GF Pizza</b> <b>Cucumber sticks</b> <b>Fruit choice</b> <b>Milk Choice</b></p>
<p>4</p> <p><b>GF Chicken Nuggets</b> Chick pea salad <b>Fruit choice</b> <b>Milk Choice</b></p>	<p>5</p> <p><b>Election Day</b> <b>No School</b></p>	<p>6</p> <p><b>GF Pasta w/ meat sauce</b> <b>Seasoned Steamed broccoli</b> <b>Fruit Choice</b> <b>Milk Choice</b></p>	<p>7</p> <p><b>Brunch For Lunch</b> <b>GF waffles with Bacon</b> <b>Celery sticks</b> <b>Fruit Choice</b> <b>Milk Choice</b></p>	<p>8</p> <p><b>GF Grilled Cheese</b> <b>Crisp carrots</b> <b>Fruit Choice</b> <b>Milk Choice</b></p>
<p>11</p>  <p><b>No School</b></p>	<p>12</p> <p><b>GF Chicken nuggets</b> w/ dipping sauce sweet carrots <b>Fruit Choice</b> <b>Milk Choice</b></p>	<p>13</p> <p><b>Hamburger/Cheeseburger</b> on a GF Bun <b>Baked beans</b> <b>Fruit choice</b> <b>Milk Choice</b></p>	<p>14</p> <p><b>GF Grilled cheese</b> <b>Turkey sausage</b> <b>Celery sticks</b> <b>Fruit choice</b> <b>Milk Choice</b></p>	<p>15</p> <p><b>GF Pizza</b> <b>Steamed broccoli</b> <b>Fruit Choice</b> <b>Milk Choice</b></p>
<p>18</p> <p><b>Grilled Chicken parm</b> <b>On A GF Roll</b> <b>Crisp sweet carrots</b> <b>Fruit choice</b> <b>Milk Choice</b></p>	<p>19</p> <p><b>Ham &amp; Cheese melt</b> on GF bagel <b>Corn &amp; black bean salad</b> <b>Fruit Choice</b> <b>Milk Choice</b></p>	<p>20</p> <p><b>GF Mac and cheese</b> <b>Steamed broccoli</b> <b>Fruit Choice</b> <b>Milk Choice</b></p>	<p>21</p> <p><b>Brunch For Lunch</b> <b>GF Bagel w/ cream cheese</b> <b>Sausage</b> <b>Carrot sticks</b> <b>Fruit Choice</b> <b>Milk Choice</b></p>	<p>22</p> <p><b>Turkey &amp; cheese melt</b> on GF bread <b>cucumber sticks</b> <b>Fruit choice</b> <b>Milk choice</b></p>
<p>25</p> <p><b>GF Chicken Tenders</b> <b>Fresh tree top broccoli</b> <b>Fruit Choice</b> <b>Milk Choice</b></p>	<p>26</p> <p><b>Sloppy Joe on GF roll</b> <b>chick pea salad</b> <b>Fruit choice</b> <b>Milk Choice</b></p>	<p>27</p> <p><b>THANKSGIVING SPECIAL</b> <b>Roast turkey and cheese</b> on GF bread <b>Seasoned green beans</b> <b>Fruit Choice</b> <b>Milk Choice</b></p>	<p>28</p> <p><b>Thanksgiving Day</b> <b>Recess</b> <b>School Closed</b></p> 	<p>29</p> <p><b>Thanksgiving Day</b> <b>Recess</b> <b>School Closed</b></p> 

### 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 daily  
8-9 oz. weekly

#### Vegetable

3/4 cup Daily  
3 ¾ cup weekly

#### Fruit

1/2 Cup daily  
2 ½ 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:

GF Bagel with Butter or Cream Cheese  
Cereal, Yogurt with Fruit & Milk