

Pre K 4 SA Menu - GLUTEN FREE



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	October 11, 2021	October 12, 2021	October 13, 2021	October 14, 2021	October 15, 2021
BREAKFAST	No School Parent - Teacher Conferences	GF Breakfast Pizza 1 each Spiced Pears 1/2 cup Milk 1 each	GF Applesauce Muffin 1 each Orange Wedges 4 each Milk 1 each	GF Bagel Sandwich 1 each Turkey & Cheese 1 oz. Fresh Apple 1 each Milk 1 each	GF Cereal Bowl 1 each Fresh Banana 1 each Milk 1 each
LUNCH	No School Parent - Teacher Conferences	Teriyaki Chicken 1/2 cup Cilantro Rice 1/4 cup Steamed Broccoli 1/4 cup Mandarin Oranges 1/4 cup Milk 1 each	GF Italian Lasagna 1 each GF Garlic Roll 1 each Normandy Blend Vegetables 1/4 cup Fresh Pear 1 each Milk 1 each	GF Meatball Sub 1 each GF Meatballs 4 each Potato Tots 1/4 cup Peach Cup 1 each Milk 1 each Ketchup 1 each	Pizza Lunchables 1 each GF Crackers 1 oz. Baby Carrots 1/2 cup Mixed Fruit Cup 1 each Milk 1 each Ranch Dressing 1 each
SNACK	No School Parent - Teacher Conferences	Colby Cheese Stick 1 oz. Fresh Pear 1 each	Strawberry Banana Yogurt Cup 4 oz. GF Granola 1 oz.	GF Multigrain Cheerios 1 oz. 100% Orange Juice 4 oz.	Black Bean Dip 2 oz. Gluten Free Lentil Chips 1 oz.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	October 18, 2021	October 19, 2021	October 20, 2021	October 21, 2021	October 22, 2021
BREAKFAST	Gluten Free Biscuit 1 each Apple Slices w/cinno 1/2 cup Milk 1 each Jelly 1 each	GF Cereal Bowl 1 each Orange Wedges 4 ea. Milk 1 each	GF English Muffin Sandwich 1 each Egg & Cheese 2 oz. Peaches 1/2 cup Milk 1 each	Gluten Free Waffles 2 each Turkey Sausage Link 1 each Applesauce* 1/2 cup Milk 1 each Syrup 1 each	Gluten Free Bagel 1 each Cream Cheese 1 each Fresh Banana 1 each Milk 1 each
LUNCH	GF Chicken Nuggets 5 each Stir Fried Rice 1/4 cup Normandy Blend Vegetables 1/4 cup Mixed Fruit Cup 1 each Milk 1 each Ketchup 1 each	Oven Baked Chicken 1 each Gluten Free Roll 1 each Mashed Potatoes 1/4 cup Pineapple 1/4 cup Milk 1 each	Turkey Chili 1/2 cup GF Cornbread Muffin 1 each Mixed Vegetables 1/4 cup Applesauce 1/4 cup Milk 1 each	Chicken Fajita GF Taco 1 each 6" Gluten Free Tortilla 1 each Broccoli 1/4 cup Pear Fruit Cup 1 each Milk 1 each	GF Chicken Deli Sandwich 1 each Baby Carrots 1/2 cup Mandarin Orange Fruit Cup 1 each Milk 1 each Ranch Dressing 1 each
SNACK	Strawberry Applesauce Cup 4 oz. Gluten Free Crackers 1 oz.	Strawberry Banana Yogurt Cup 4 oz. Fresh Pear 1 each	Baby Carrots 1/2 cup GF Lentil Chips 1 oz.	100% Fruit Punch Juice 4 oz. GF Crackers 1 oz.	Gluten Free Crackers 1 oz. String Cheese Stick 1 oz.

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