Pre K 4 SA Menu - GLUTEN FREE

	Monday	Tuesday	Wednesday	Thursday	Friday
	January 31st, 2022	February 1st, 2022	February 2nd, 2022	February 3rd, 2022	February 4th, 2022
BREAKFAST	GF Blueberry Muffin 1 each Sliced Apple/Fresh App 1 each Milk 1 each	GF French Toast Sticks 3 each Mandarin Orange Cup 1/2 cup Milk 1 each Syrup 1 each	Apple Cinnamon GF Oatmeal 1/2 cup Applesauce 1/2 cup Craisins/Raisins 1 each Milk 1 each	GF English Muffin Sandwich 1 each Turkey & Cheese 1 oz. Orange Wedges 4 each Milk 1 each	GF Cereal Bowl 1 each Fresh Banana 1 each Milk 1 each
LUNCH	GF Bean & Cheese Burr 1 each Mexicali Corn 1/4 cup Mandarin Oranges 1/4 cup Milk 1 each	Spaghetti & Meatballs 1 ea. Meatballs 3 each WG Gluten Free Pasta 1/4 cup Green Beans 1/4 cup Peaches 1/4 cup Milk 1 each	Turkey Burger w/GF Bun 1 each Sliced Cheese 1 each Sweet Potato Tots 1/4 cup Mixed Fruit 1/4 cup Milk 1 each Ketchup 1 each	Fajita Chicken 2 oz. w/squash, corn, & peppers 1/4 cup Spanish Rice 1/4 cup Apple Slices w/cinnamon 1/4 cup Milk 1 each	GF Turkey & Cheese Sub 1 each Baby Carrots 1/2 cup Orange Wedges 4 each Milk 1 each Ranch Dressing 1 each
SNACK	Strawberry Applesauce C 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.

	Monday	Tuesday	Wednesday	Thursday	Friday
	February 7th, 2022	February 8th, 2022	February 9th, 2022	February 10th, 2022	February 11th, 2022
BREAKFAST	GF Banana Bread 1 each Sliced Apple/Fresh App 1 each Milk 1 each	GF Cereal Bowl 1 each Pears 1/2 cup Milk 1 each	GF Breakfast Sandwich 1 each Egg & Cheese 2 oz. Apple Slices w/ cinnamon* 1/2 cup Milk 1 each	GF Pancake 1 each Turkey Sausage Link 1 each Cinnamon 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	Gluten Free Pizza 1 each Glazed Carrots 1/4 cup Pineapple 1/4 cup Milk 1 each	Chicken & GF Penne Alfredo 3/4 cup Broccoli 1/4 cup Peaches 1/4 cup Milk 1 each	Turkey Meatloaf 3 oz. Gluten Free Roll 1 each Cauliflower Mash Potatoes 1/4 cup Fresh Pear 1 each Milk 1 each	GF Macaroni & Cheese 1/2 cup Grilled Chicken Nuggets 4 each Green Beans 1/4 cup Fresh Apple 1 each Milk 1 each Ketchup 1 each	GF Italian Sandwich 1 each Broccoli Florets 1/4 cup Pear Fruit Cup 1 each Milk 1 each Ranch Dressing 1 each
SNACK	100% Grape Juice 4 oz. GF Crackers 1 oz.	Fresh Golden Apple 1 each Vanilla Yogurt 4 oz.	Colby Cheese Stick 1 oz. GF Crackers 1 oz.	Sun Butter 1 oz. Fresh Banana 1 each	Popcorn 0.5 oz. 100% Apple Juice 4 oz.

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