



Menu ingredients subject to change based on availability and/or *holiday.

DECEMBER 2022

GLUTEN FREE DIET



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>1 B:GF Waffles, Turkey Sausage Link, Applesauce, Milk, Syrup</p> <p>L:Chicken Fajita GF Taco, 6" GF Tortilla, Broccoli, Orange Wedges, Milk</p> <p>S \ EDS:100% Fruit Punch Juice, Gluten Free Crackers \ Tropical Fruit Cup, GF Crackers</p>	<p>2 B:GF Bagel, Cream Cheese, Fresh Banana, Milk</p> <p>L:GF Basil Pasta Chicken Salad, GF Penne Pasta, Baby Carrots, Fresh Apple, Milk, Ranch Dressing</p> <p>S \ EDS:Gluten Free Crackers, Cheese Stick \ Applesauce Cup, GF Cereal Bar</p>
<p>5 B:GF Cereal Bowl, Applesauce Cup, Milk</p> <p>L:GF Spaghetti w/meat sauce, Ground Turkey, Gluten Free Pasta, Green Beans, Pear Fruit Cup, Milk</p> <p>S \ EDS:100% Grape Juice, Gluten Free Crackers \ Gluten Free Crackers, String Cheese Stick</p>	<p>6 B:GF Breakfast Sandwich, Turkey & Cheese, Mandarin Orange Cup, Milk</p> <p>L:Garlic Chicken Stir Fry, Brown Rice, Roasted Broccoli, Pineapple, Milk</p> <p>S \ EDS:Fresh Golden Apple, Vanilla Yogurt \ Go Gurts, GF Applesauce Muffin</p>	<p>7 B:GF Applesauce Muffin, Orange Wedges, Milk</p> <p>L:GF Cheese Enchiladas, Spanish Rice, Pinto Beans, Fresh Pear, Milk</p> <p>S \ EDS:Colby Cheese Stick, Gluten Free Crackers \ Gluten Free Crackers, 100% Fruit Punch Juice</p>	<p>8 B:GF Pancake, Turkey Sausage Link, Apple Slices w/cinnamon, Milk, Syrup</p> <p>L:Chicken Pot Pie, Gluten Free Biscuit, Peas & Carrots, Fresh Apple, Milk</p> <p>S \ EDS:Sun Butter, Fresh Banana \ GF Graham Crackers, Amazing Chick Pea</p>	<p>9 B:GF Biscuit, Fresh Banana, Milk, Jelly</p> <p>L:GF Wrap, GF Tortilla, Lettuce, Carrots, Red Pepper, Fresh Pear, Milk, Ranch Dressing</p> <p>S \ EDS:Popcorn, 100% Apple Juice \ GF Cereal Bar, Orange Wedges</p>
<p>12 B:GF Cornbread Muffin, Fresh Apple, Milk</p> <p>L:Grilled Chicken GF Sandwich, Potato Tots, Peaches, Milk, Ketchup</p> <p>S \ EDS:Gluten Free Crackers, Applesauce Cup \ GF Ginger Cookie, 100% Grape Juice</p>	<p>13 B:GF Waffles, Turkey Sausage Link, Apple Slices w/cinnamon, Milk, Syrup</p> <p>L:Curry Chicken, Brown Rice, Peas, Pineapple, Milk</p> <p>S \ EDS:Colby Cheese Stick, Fresh Pear \ Gluten Free Crackers, Strawberry Applesauce Cup</p>	<p>14 B:GF Cereal Bowl, Mixed Fruit, Milk</p> <p>L:GF Fish Nuggets, GF Macaroni & Cheese, Roasted Broccoli, Fresh Apple, Milk, Ketchup</p> <p>S \ EDS:Strawberry Banana Yogurt Cup, GF Granola \ 100% Apple Juice, GF Graham Crackers</p>	<p>15 B:GF Breakfast Pizza, Peaches, Milk</p> <p>L:GF Spaghetti w/meat sauce, Ground Turkey, Gluten Free Pasta, Zucchini, Applesauce, Milk</p> <p>S \ EDS:GF Multigrain Cheerios, 100% Orange Juice \ Fresh Banana, Jello Cup</p>	
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	
<h3>NO SCHOOL Winter Break</h3>				
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p> <p>B:Breakfast Menu L:Lunch Menu S:Snack Menu EDS: Extended Day Snack Menu</p>
<h3>NO SCHOOL Winter Break</h3>				

