



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

MARCH 2023

GLUTEN FREE DIET



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

B:Breakfast Menu
L:Lunch Menu
S:Snack Menu
EDS: Extended Day Snack Menu

6
B:GF Blueberry Muffin, Sliced Apple/Fresh Apple, Milk

L:Grilled Chicken GF Sandwich, Potato Tots, Peaches, Milk, Ketchup

S \ EDS:Gluten Free Crackers, Applesauce Cup



20
B:GF Banana Bread, Fresh Apple, Milk

L:Gluten Free Pizza, Glazed Carrots, Pineapple, Milk

S \ EDS:100% Grape Juice, Gluten Free Crackers

27
B:GF French Toast Sticks, Apple Slices w/ cinnamon, Milk, Syrup

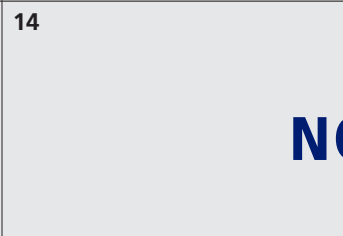
L:GF Chicken Flauta, Pinto Beans, Mexicali Corn, Tropical Fruit Cup, Milk

S \ EDS:100% Grape Juice, Gluten Free Crackers

7
B:GF Waffles, Turkey Sausage Link, Apple Slices w/cinnamon, Milk, Syrup

L:Curry Chicken, Brown Rice, Peas, Pineapple, Milk

S \ EDS:GF Graham Crackers, Fresh Pear



21
B:GF Cereal Bowl, Pears, Milk

L:Chicken & GF Penne Alfredo, Broccoli, Peaches, Milk

S \ EDS:GF Sun Butter Sandwich

28
B:GF Breakfast Pizza, Spiced Pears, Milk

L:Teriyaki Chicken, Cilantro Rice, Steamed Broccoli, Mandarin Oranges, Milk

S \ EDS:GF Graham Crackers, Fresh Pear

1
B:GF Applesauce Muffin, Orange Wedges, Milk

L:GF Cheese Enchiladas, Spanish Rice, Pinto Beans, Fresh Pear, Milk

S \ EDS:Colby Cheese Stick, Gluten Free Crackers \ Cheese Slices, Gluten Free Crackers

8
B:GF Cereal Bowl, Mixed Fruit, Milk

L:GF Fish Nuggets, GF Macaroni & Cheese, Roasted Broccoli, Fresh Apple, Milk, Ketchup

S \ EDS:Strawberry Banana Yogurt Cup, GF Granola



22
B:GF Breakfast Sandwich, Egg & Cheese, Apple Slices w/ cinnamon, Milk

L:Turkey Meatloaf, Gluten Free Roll, Cauliflower Mash Potatoes, Fresh Pear, Milk

S \ EDS:Colby Cheese Stick, Gluten Free Crackers \ Cheese Slices, Gluten Free Crackers

29
B:GF Applesauce Muffin, Orange Wedges, Milk

L:GF Italian Lasagna, GF Garlic Bread Stick, Normandy Blend Vegetables, Fresh Pear, Milk

S \ EDS:Strawberry Banana Yogurt Cup, GF Granola

2
B:GF Pancake, Turkey Sausage Link, Apple Slices w/cinnamon, Milk, Syrup

L:Chicken Pot Pie, Gluten Free Biscuit, Peas & Carrots, Fresh Apple, Milk

S \ EDS:GF Turkey & Cheese Wrap \ GF Multigrain Cheerios, Orange Wedges

9
B:GF Breakfast Pizza, Peaches, Milk

L:GF Spaghetti w/meat sauce, Ground Turkey, Gluten Free Pasta, Zucchini, Applesauce, Milk

S \ EDS:GF Multigrain Cheerios, 100% Orange Juice



23
B:GF Pancake, Turkey Sausage Link, Cinnamon Applesauce, Milk, Syrup

L:GF Macaroni & Cheese, Grilled Chicken Nuggets, Green Beans, Fresh Apple, Milk, Ketchup

S \ EDS:GF Turkey & Cheese Wrap

30
B:GF Bagel Sandwich, Turkey & Cheese, Fresh Apple, Milk

L:GF Meatball Sub, GF Meatballs, Potato Tots, Peach Cup, Milk, Ketchup

S \ EDS:GF Multigrain Cheerios, 100% Orange Juice

3
B:GF Biscuit, Fresh Banana, Milk, Jelly

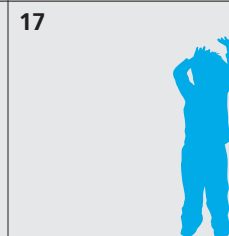
L:GF Wrap, GF Tortilla, Lettuce, Carrots, Red Pepper, Fresh Pear, Milk, Ranch Dressing

S \ EDS:GF Crackers, 100% Apple Juice

10
B:GF Biscuit Sandwich, Egg & Cheese, Orange Wedges, Milk

L:Garden Salad w/Chicken, Baby Spinach Salad, Shredded Carrots, Tropical Fruit Cup, Milk, Ranch Dressing

S \ EDS:Black Bean Dip, Gluten Free Lentil Chips



24
B:GF Bagel, Cream Cheese, Fresh Banana, Milk

L:Fiesta Corn Salad Bowl, Brown Rice, Romaine Lettuce, Orange Wedges, Milk, Fiesta Dressing

S \ EDS:GF Crackers, 100% Apple Juice

31

NO SCHOOL
Día de Cesar Chavez

