

2024 OCTOBER

Gluten Free Menu

Free Meals for All Students

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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| | 1 Chicken and Cheese Nachos w/ Scoops Refried Beans w/ Scoops Seasoned Corn Fresh Fruit | 2 Hot Meatball Sub Tossed Salad w/ Dressing Cherry Tomatoes w/ Dip Assorted Fruit | 3 Brunch for Lunch Egg Patty on GF Bagel Hash Brown Rounds 100% Vegetable Juice Cup Fresh Fruit | 4 GF Cheese Pizza Tossed Salad w/ Dressing Fresh Broccoli Bites w/ Dip Fresh Fruit |
| 7 GF Chicken Tenders BBQ Baked Beans Sweet Potato Wedges Assorted Fruits | 8 Turkey and Cheese GF Sandwich Baby Carrots w/ Dip Smiley Fries Fresh Fruit Mini Rice Krispy Treat | 9 Cheeseburger on GF Bun Tossed Salad w/ Dressing Green Pepper Strips w/ Dipping Sauce Assorted Fruits | 10 Gluten Free Chicken Patty Potato Gems Homemade Coleslaw Fresh Fruit | 11 |
| 14 Indigenous Peoples Day Columbus Day | 15 Beef Hot Dog on GF Bun Tossed Salad w/ Dressing Cucumber Slices Fresh Fruit | 16 Cheeseburger on Bun Hash Brown Rounds 100% Vegetable/Fruit Juice Assorted Fruits | 17 GF Chicken Patty Sweet Potato Wedges Baby Carrots w/ Dip Fresh Fruit | 18 GF Cheese Pizza Tossed Salad w/ Dressing Steamed Broccoli Fresh Fruit |
| 21 GF Chicken Tenders Tossed Salad w/ Dressing Baby Carrots w/ Dip Assorted Fruits | 22 Beef Hot Dog on GF Bun Potato Gems Steamed Broccoli Fresh Fruits | 23 Beef Nachos w/ Scoops w/ Lettuce, Cheese and Salsa Refried Beans Seasoned Corn Assorted Fruits | 24 GF Hamburger w/ Gravy Mashed Potatoes Seasoned Carrot Coins Fresh Fruit | 25 Gf Cheese Pizza Tossed Salad w/ Dressing Fresh Broccoli Bites w/ Dip Fresh Fruit |
| 28 GF Chicken Tenders Potato Gems Baked Beans Assorted Fruits | 29 Beef Hot Dog on GF Bun Tossed Salad w/ Dressing Steamed Beans Fresh Fruit Halloween Ice Cream Treat | 30 Toasted Cheese on GF Bread Cucumber Slices Baby Carrots w/ Dip Assorted Fruits | 31 | Available Daily: PBJ UnCrustable's and The Yogurt Meal. |