

Gluten Free Menu

September 2023

Menu Subject to Change

North Syracuse School District Is An Equal Opportunity Provider and Employer

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Second Choice

Available with All Lunches

Assorted Fruit Cups
Milk Choice

1

Welcome
Back

Monday-Chicken Patty
Tuesday-Hamburger
Wednesday-Beef Hot Dog
Thursday-Cheeseburger
Friday- Beef Hot Dog

GF Yogurt Meal
also available daily

4

Labor
Day

No
School

5

Superintendents
Conference
Day

No
School

6

Superintendents
Conference
Day

No
School

7 Grilled Chicken Patty
on GF Bun

Seasoned Carrots
Potato Gems
Fresh Fruit

8

GF Cheese Pizza

Garden Salad w/
Dressing
Seasoned Broccoli
Fresh Fruit

11

Grilled Chicken
Patty on GF Bun

Baby Carrots w/Dip
Seasoned Green Beans

12

Turkey & Cheese
GF Sandwich

Sweet Potato Fries
BBQ Baked Beans
Fresh Fruit

13

Grilled Egg Patties

Hash Brown Patty
100% Fruit-Vegetable
Juice

14

Oven Baked
Chicken

Mashed Potatoes
Seasoned Corn
Fresh Fruit

15

GF Cheese Pizza

Garden Salad w/
Dressing
Seasoned Broccoli
Fresh Fruit

Visit our website to print an
application and to
view menus.

www.nscsd.org

18

Grilled Chicken
Patty on GF Bun

Baked French Fries
Seasoned Carrots

19

Beef Nachos
w/ Salsa

Cheesy Bean Dip
Seasoned Corn
Fresh Fruit

20

GF Beef Hot Dog

Seasoned Green
Beans
Garden Salad w/
Dressing

21

Ham & Cheese
GF Sandwich

Sweet Potato Fries
Seasoned Corn
Fresh Fruit

22

GF Cheese Pizza

Garden Salad w/
Dressing
Seasoned Broccoli
Fresh Fruit

Trivia:
Beef, cherry and plum are
all types of what?

25

Grilled Chicken Patty
on GF Bun

Sweet Potato Fries
BBQ Baked Beans

26

Grilled Egg Patties

Hash Brown Patty
100% Fruit-Vegetable
Juice
Fresh Fruit

27

Beef Hot Dog

Baby Carrots w/ Dip
Seasoned Green Beans

28

Cheeseburger on
GB Bun

French Fries
Seasoned Corn
Fresh Fruit

29

GF Cheese Pizza

Garden Salad w/
Dressing
Seasoned Broccoli
Fresh Fruit

Tomato