

**FOOD & NUTRITION SERVICES**

Gluten Free

2008-2009 Elementary 3 Week Cycle Lunch

August 2008 - June 2009

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week One</b>	<p>Yogurt, with GF Bread OR PC Peanut Butter &amp; PC Jelly with GF Bread, String Cheese OR Chef's Salad w/Shredded Cheddar Cheese, GF Bread</p> <p>CHOICE OF TWO Vegetarian Baked Beans Applesauce Orange Quarters Raisins</p> <p>Choice of Milk</p>	<p>Yogurt, with GF Bread OR Taco Salad w/Chili, Tortilla Chips w/Cheese Sauce OR Chef's Salad w/Tuna w/GF Bread</p> <p>CHOICE OF TWO Seasoned Potato Wedges Carrot Slims &amp; Jicama w/ Dip Chilled Apricots Fresh Melon</p> <p>Choice of Milk</p>	<p>Yogurt, with GF Bread OR Turkey Frank on GF Bread OR Fruit Salad w/Yogurt, Peanut Butter, No Crackers, GF Bread</p> <p>CHOICE OF TWO Smiley Potatoes Lettuce, Tomato, Pickle Fresh Apple Slices Banana</p> <p>Choice of Milk</p>	<p>Yogurt, with GF Bread OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery and Tortilla Chips OR Chef's Salad w/Shredded Cheddar Cheese, GF Bread</p> <p>CHOICE OF TWO Refried Beans Lettuce &amp; Tomato Tropical Fruit Salad Chilled Peaches</p> <p>Choice of Milk</p>	<p>Yogurt, with GF Bread OR Toasted Cheddar Cheese on GF Bread OR Fruit Salad w/Yogurt, String Cheese, No Crackers, GF Bread</p> <p>CHOICE OF TWO Green Beans Cucumber &amp; Baby Carrots, w/Dip Chilled Pineapple Fruit Sherbet</p> <p>Choice of Milk</p>
<b>Week Two</b>	<p>Yogurt, with GF Bread OR PC Peanut Butter &amp; PC Jelly with Gluten Free Bread, String Cheese OR Chef's Salad w/Shredded Cheddar Cheese, GF Bread</p> <p>CHOICE OF TWO Smiley Potatoes Orange Quarters/Kiwi Chilled Peaches Raisins</p> <p>Choice of Milk</p>	<p>Yogurt, with GF Bread OR Tuna with PC Mayo, on GF Bread OR Taco Salad w/Chili, Tortilla Chips w/Cheese Sauce</p> <p>CHOICE OF TWO Mixed Vegetables Broccoli &amp; Carrot Slims w/Dip Applesauce Tropical Fruit Salad</p> <p>Choice of Milk</p>	<p>Yogurt, with GF Bread OR Turkey Frank on GF Bread OR Fruit Salad w/Yogurt, Peanut Butter, No Crackers, GF Bread</p> <p>CHOICE OF TWO Tater Tots Lettuce, Tomato, Pickle Banana Fresh Apple Slices</p> <p>Choice of Milk</p>	<p>Yogurt, with GF Bread OR Marinara Sauce w/GF Bread, Brown/Rice OR Chef's Salad w/Shredded Cheddar Cheese, GF Bread</p> <p>CHOICE OF TWO Green Peas Tossed Salad w/Dressing Chilled Pears Tropical Fruit Salad</p> <p>Choice of Milk</p>	<p>Yogurt, with GF Bread OR Toasted Cheddar Cheese on GF Bread OR Fruit Salad w/Yogurt, String Cheese, No Crackers, GF Bread</p> <p>CHOICE OF TWO Green Beans Celery &amp; Baby Carrots w/Dip, Chilled Pineapple Natural Frozen Fruit Bar</p> <p>Choice of Milk</p>
<b>Week Three</b>	<p>Yogurt, with GF Bread OR PC Peanut Butter &amp; PC Jelly with Gluten Free Bread, String Cheese OR Chef's Salad w/Shredded Cheddar Cheese, GF Bread</p> <p>CHOICE OF TWO Steamed Broccoli Applesauce Orange Quarters Raisins</p> <p>Choice of Milk</p>	<p>Yogurt, with GF Bread OR Hot Ham on GF Bread OR Taco Salad w/Chili, Tortilla Chips w/Cheese Sauce OR Chef's Salad w/Tuna w/GF Bread</p> <p>CHOICE OF TWO Whipped Potatoes Tossed Salad w/Dressing Chilled Peaches Warm Cinnamon Apples</p> <p>Choice of Milk</p>	<p>Yogurt, with GF Bread OR Turkey Sausage with GF Bread OR Fruit Salad w/Yogurt, Peanut Butter, No Crackers, GF Bread</p> <p>CHOICE OF TWO Hash Brown Potatoes Orange Juice Banana Fresh Apple Slices</p> <p>Choice of Milk</p>	<p>Yogurt, with GF Bread OR Baked Potato, w/ Chili &amp; Cheese Sauce OR Tortilla Chips, w/ Chili, &amp; Cheese Sauce OR Chef's Salad w/Shredded Cheddar Cheese, GF Bread</p> <p>CHOICE OF TWO Corn on the Cob Lettuce &amp; Tomato Tropical Fruit Salad Fresh Apple Slices</p> <p>Choice of Milk</p>	<p>Yogurt, with GF Bread OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery &amp; Tortilla Chips OR Fruit Salad w/Yogurt, String Cheese, No Crackers, GF Bread</p> <p>CHOICE OF TWO Green Beans Zucchini Sticks &amp; Baby Carrots, w/ Dip Chilled Pineapple Fruit Sherbet</p> <p>Choice of Milk</p>