

All Schools (Gluten Free)

October Lunch Menu 2017



Specialty Salads Available on Mon/Thurs w/Gluten Free Bread (4th-9th)
 Specialty Salads w/ Gluten Free Bread Available Daily at High School
 PB Sandwich on Gluten Free Bread Available Daily

MON	TUE	WED	THU	FRI
2. Grilled Chicken Breast Gluten Free Bun Mixed Green Salad "Gluten Free Dressing" Seasoned Green Beans Assortment of Fruits & Juice Milk	3. Ham and Cheese Sandwich Gluten Free Bun Mixed Green Salad "Gluten Free Dressing" Carrot Coins Assortment of Fruits & Juice Milk	4. D.I.Y Walking Taco "Corn Chips Only" Gluten Free Bun Corn Baby Carrots Assortment of Fruits & Juice Milk	5. Hot Dog Gluten Free Roll Whipped Potatoes Baked Beans Assortment of Fruits & Juice Milk	6. Gluten Free Pizza Rocky Mt. Salad "No Croutons" Peas Assortment of Fruits & Juice Milk
9. Grilled Chicken Breast Gluten Free Bun Corn Whipped Potatoes Assortment of Fruits & Juice Milk	10. PB Sandwich on "Gluten Free Bread" Mixed Greens Salad "Gluten Free Dressing" Veggie Dippers Assortment of Fruits & Juice Milk	11. Grilled Pizza Sandwich Gluten Free Bread Caesar Salad (no croutons) "Gluten Free Dressing" Baby Carrots Assortment of Fruits & Juice Milk	12. Baby Carrots WG Toasted Cheese Sand. Gluten Free Bread Chef Salad "Gluten Free Dressing" Ice Cream (Secondary Only) Assortment of Fruits & Juice Milk	13. Gluten Free Pizza Baked Beans Baby Carrots Assortment of Fruits & Juice Milk
16. Grilled Chicken Sandwich w/ Cheese Gluten Free Bun Mixed Greens Tossed Salad "Gluten Free Dressing" Corn Assortment of Fruits & Juice Milk	17. Hamb.or Ch. Burger, Gluten Free Bun Lettuce, Tom., Pickles Whipped Potatoes Veggie Dippers Assortment of Fruits & Juice Milk	18. Crunchy Taco Lettuce, Tomato, and Salsa Seasoned Pinto Beans Veggies Assortment of Fruits & Juice Milk	19. Hot Dog Gluten Free Roll Green Beans Mixed Green Salad "Gluten Free Dressing" Assortment of Fruits & Juice Milk	20. Ham and Cheese Sandwich Gluten Free Bun Lettuce and Tomato Caesar Salad "No Croutons" Gluten free Dressing Carrots Coins Assortment of Fruits & Juice Milk
23. Grilled Pizza Sandwich Gluten Free Bread Mixed Green Salad "Gluten Free Dressing" Baked Beans Assortment of Fruits & Juice Milk	24. Chilled Fruit Juice Egg & Cheese Sandwich Gluten Free Bun Gluten Free Yogurt Assortment of Fruits & Juice Baby Carrots Milk	25. Grilled Chicken Sandwich Gluten Free Bun Baby Carrots Caesar Salad (no croutons) "Gluten Free Dressing" Assortment of Fruits & Juice Milk	26. PB Sandwich on Gluten Free Bun Steamed Veggie Veggie Dippers Ice Cream (Secondary Only) Assortment of Fruits & Juice Milk	27. Gluten Free Pizza Rocky Mt. Salad "No Croutons" Steamed Veggies Assortment of Fruits & Juice Milk
30. Grilled Chicken Sandwich Gluten Free Bun Veggie Dippers Baked Beans Assortment of Fruits & Juice Milk	31. Ham and Cheese Sandwich Gluten Free Bun Mixed Green Salad "Gluten Free Dressing" Whipped Potatoes Spooky Sundae Assortment of Fruits & Juice Milk			