

Jan Gluten Free

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Jan Gluten Free				
30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
Winter Break	Winter Break	Happy New Year	Winter Break	Winter Break
6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
Winter Break	Mac & Cheese with GF Pasta Beef Tacos-Corn Tortilla (no taco seas.)	GF Chicken Tenders & GF Roll GF Bagel Kidzable	Beef Nachos (no taco seasoning) Sunbutter & Jelly on GF Bread	GF Cheese Pizza Fiesta Salad (no taco seasoning)
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
Hamburger on GF Bun Ham & Cheese Wrap on Corn Tortilla	GF Pepperoni Pizza GF Spaghetti & Marinara	Grilled Cheese on GF Bread Sunbutter & Jelly on GF Bread	Chili & GF Muffin Blueberry Patch Parfait w/ Lucky Charms	Sweet & Sour GF Chicken & Brown Rice Cheese Pizza Kidzable w/ GF Bagel
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
GF Pepperoni Pizza GF Fruit N Yo To Go Box	Warm GF Blueberry Muffin & Omelet GF Pepperoni and Cheddar Kidzable	GF Chicken Tenders & GF Roll Turkey Bacon Sub on GF Bread	Beef Nachos (no taco seasoning) GF Bagel Kidzable	No School
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
GF Cheese Pizza American Style Wrap on Corn Tortilla	Hot Dog on GF Bun Turkey and Cheese Sandwich on GF Bread	GF Chicken Tenders & GF Roll Double Berry Parfait w/ Lucky Charms	Warm GF Blueberry Muffin & Omelet Chicken Caesar Wrap on Corn Tortilla	Chicken Alfredo with GF Pasta GF Bagel Kidzable

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SEPT 2-6

OCT 7-11

W1, D1		W1, D2	
GF Pepperoni Pizza		GF Chicken on GF Bun	
Ham & Cheese Wrap on Corn Tortilla		Warm GF Blueberry Muffin & Omelet	
Roasted Broccoli Florets		Baked Cinnamon Apples	
Garden Bar		Garden Bar	
Assorted Milk		Assorted Milk	

AUG 5-9

SEPT 9-13

OCT 14-18

W2, D1		W2, D2	
Sloppy Joes on GF Bun		Hot Dog on GF Bun	
American Style Wrap on Corn Tortilla		GF Penne & Meat Sauce	
Smile Fries		Roasted Broccoli Florets	
Garden Bar		Garden Bar	
Assorted Milk		Assorted Milk	

AUG 12-16

SEPT 16-20

OCT 21-25

W3, D1		W3, D2	
Orange GF Chicken & Brown Rice		Hamburger on GF Bun	
Bacon Chix Ranch Wrap on Corn Tortilla		Sunbutter & Jelly on GF Bread	
Roasted Carrots		Green Peas	
Garden Bar		Garden Bar	
Assorted Milk		Assorted Milk	

AUG 19-23

SEPT 23-27

OCT 28-NOV 1

W4, D1		W4, D2	
GF Cheese Pizza		Beef Tacos-Corn Tortilla (no taco seas.)	
Turkey & Cheese Wrap on Corn Tortilla		GF Bagel Kidzable	
Tater Tots		Steamed Corn	
Garden Bar		Garden Bar	
Assorted Milk		Assorted Milk	

AUG 26-30

SEPT 30-OCT 4

NOV 4-8

W5, D1		W5, D2	
GF Pepperoni Pizza		GF Spaghetti & Meat Sauce	

Turkey & Cheese Sandwich on GF Bread

Tater Tots
Garden Bar
Assorted Milk

Sunbutter & Jelly on GF Bread

Roasted Broccoli Florets
Garden Bar
Assorted Milk

K5 School Lunch Program (2014+ Meal Pattern)

Week 1

W1, D3

GF Chicken Tenders & GF Roll

Sunbutter & Jelly on GF Bread

Roasted Green Beans

Garden Bar

Assorted Milk

W1, D4

Beef Nachos (no taco seasoning)

Turkey Bacon Sub on GF Bread

Refried Beans (no cheese)

Garden Bar

Assorted Milk

Week 2

W2, D3

GF Chicken Tenders & GF Roll

**Double Berry Parfait w/ Lucky Charms
NO DYE: Double Berry Parfait w/ Cheerios**

Steamed Corn

Garden Bar

Assorted Milk

W2, D4

Warm GF Blueberry Muffin & Omelet

Cheese BLT Sub on GF Bread

Baked Beans

Garden Bar

Assorted Milk

Week 3

W3, D3

Walking Taco (no taco seasoning)

**Just Peachy Parfait w/ Lucky Charms
NO DYE: Peach Parfait w/ Cheerios**

French Fries

Garden Bar

Assorted Milk

W3, D4

Popcorn GF Chicken Bowl & GF Roll

GF Cheese Pizza

Mashed Potatoes

Garden Bar

Assorted Milk

Week 4

W4, D3

GF Chicken Tenders & GF Roll

Crispy GF Chicken Salad w/ GF Roll

Roasted Green Beans

Garden Bar

Assorted Milk

W4, D4

Beef Nachos (no taco seasoning)

American Sub on GF Bread

Steamed Black Beans

Garden Bar

Assorted Milk

Week 5

W5, D3

Cheese Nachos

W5, D4

GF Chicken Tenders & GF Roll

GF Chicken Tenders & GF Roll

Baked Beans

Garden Bar

Assorted Milk

Blueberry Patch Parfait w/ Lucky Charms

NO DYE: Blueberry Parfait w/ Cheerios

Mashed Potatoes

Garden Bar

Assorted Milk

W1, D5

Hamburger on GF Bun

Fiesta Salad (no taco sesasoning)

Mashed Potatoes

Garden Bar

Assorted Milk

Assorted Juices

W2, D5

GF Cheese Pizza

Crispy GF Chicken Salad w/ GF Roll

Roasted Green Beans

Garden Bar

Assorted Milk

Assorted Juices

W3, D5

Warm GF Blueberry Muffin & Omelet

Ham and Cheese Sandwich on GF Bread

Baked Cinnamon Apples

Garden Bar

Assorted Milk

Assorted Juices

W4, D5

Beef & Cheese Philly on GF Bun

GF Ham Kidzable

French Fries

Garden Bar

Assorted Milk

Assorted Juices

W5, D5

Hamburger on GF Bun

GF Bagel Kidzable

Roasted Carrots

Garden Bar

Assorted Milk

Assorted Juices

