

A-La-Carte Milk \$.75
Bottled Water \$1.00

Meals Are Free For All Students This Year!



Gluten Free Elementary School

February 2024



Meal Prices

Lunch - Free
Reduced Price Lunch -Free
Second Lunch \$3.50















Pre-Pay into your Child's account:
myschoolbucks.com



Daily Choices

Bagel Lunch- Yogurt- Cheese Stick -Fruit and Vegetable of the Day
Sunbutter and Jelly Sandwich- Fruit and Vegetable of the Day
Power Pack- Hummus or Cheese, Crackers-
Sunflower Seeds- Veggie Sticks- Raisins- Milk



| Monday | 2/5 | Tuesday | 2/6 | Wednesday | 2/7 | Thursday | 2/8 | Friday | 2/9 |
|---|------|--|---|---|------|--|------|--|------|
| Gluten Free Grilled Cheese Sandwich Sweet Potato Fries  Baby Carrots Hummus Applesauce Raisins  | | Breakfast for Lunch Cheerios -Muffin  Baby Carrots Celery Sticks Yogurt - Hard Boiled Egg or Cheese Fresh Fruit Orange Juice | | Nachos Seasoned Beef and Cheese Corn Black Beans Corn Chips Applesauce | | Gluten Free Cheese Pizza Fresh Garden Salad-Balsamic Dressing Cucumber Wheels Applesauce  Fresh Pears | | Early Release Breakfast Served | |
| Monday | 2/12 | Tuesday | 2/13 | Wednesday | 2/14 | Thursday | 2/15 | Friday | 2/16 |
| Gluten Free Pancakes Jones Chicken Sausage Cucumbers Celery Sticks Applesauce Fresh Pear | | All Beef Hot Dog/Roll Baked Beans Baby Carrots   | | Gluten Free Pasta and Meatballs Green Beans Garlic Toast Raisins Fresh Fruit | | Gluten Free Chicken Nuggets Gluten Free Potato Fries Sweet Corn Oranges Pears  | | Gluten Free Cheese Pizza  Cucumber Wheels Green Beans  Peaches Fresh Fruit Happy Birthday February! Cake | |
| Vacation February 19 - 23, 2024 | | |  | | | | | | |
| Monday | 2/26 | Tuesday | 2/27 | Wednesday | 2/28 | Thursday | 2/29 | Friday | 3/1 |
| Mini Waffles Jones Chicken Sausage Carrots  Applesauce | | Walden Local Hamburger or Cheeseburger Lettuce- Tomato- Pickles- Chips Cucumber Wheels Fresh Fruit | | Gluten Free Macaroni and Cheese Green Beans Baby Carrots Fresh Fruit | | Gluten Free Cheese Pizza  Cucumber Wheels Hummus Green Beans  Peaches Fresh Fruit Happy Birthday February! Cupcake | | Breakfast for Lunch  Cheerios -Muffin Baby Carrots Celery Sticks Yogurt - Hard Boiled Egg or Cheese Fresh Fruit Orange Juice | |

Milk is served with all meals - Skim, Chocolate Skim or 1% white

All Meals Offered are Nutritionally Balanced and Include 5 Components: Meat/Meat Alternate, Vegetable, Fruit, Grain and Milk.

We support and encourage students to make food selections from each of the components offered every day!

Selecting at least 3 components and having at least one component be a fruit or vegetable serving makes it a Reimbursable Meal!

This institution is an equal opportunity provider

Martha Lawless, Food Service
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