Meals Are Free For All Students This Year

Gluten Free Elementary Lunch Menu January 2024

A-La-Carte Milk $.75

Bottled Water $1.00

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!

Alternate Lunch available Daily Gluten Free Bagel or Muffin Lunch with- Yogurt- Cheese Stick -Fruit and Vegetable of the Day

Food Allergies

If your child has a food allergy and will be eating lunch please contact your child's School Nurse and The Food Service Director. A Doctor's Note will be required

MONDAY	1/1	TUESDAY	1/2	WEDNESDAY	1/3	THURSDAY	1/4	Friday	1/5
New Year's Day **No School**		**Gluten Free Chicken Tenders** Rice Green Beans Pineapple Chunks Milk		**Gluten Free Pancakes** Jones Chicken Sausage Carrots Tater Tots Applesauce Milk		**Gluten Free Pizza** Caesar Salad Cucumber Wheels Applesauce Orange Smiles Milk		**Early Release** **Breakfast Served**	
Monday	1/8	**Tuesday**	1/9	**Wednesday**	1/10	**Thursday**	1/11	**Friday**	1/12
Gluten Free Chicken Tenders Rice Green Beans Pineapple Chunks Milk		**Gluten Free Ham and Cheese Sandwich** Baby Carrots Kale Salad with Cranberries Oranges Applesauce Milk		**Gluten Free Meatballs and Sauce** Garlic Toast Sweet Corn Milk Apples		**Gluten Free Grilled Chicken Sandwich** Chips Green Beans Clementine's Milk		**Gluten Free Pizza** Caesar Salad Cucumber Wheels Raisins Milk	
Monday	1/15	**Tuesday**	1/16	**Wednesday**	1/17	**Thursday**	1/18	**Friday**	1/19
 **Martin Luther King Day** **No School**		**Gluten Free Cheeseburger** Chips Lettuce Tomato Cucmuber Wheels Fresh Fruit Milk		**Gluten Free Chicken Tenders** Oven Baked Fries Gluten Free Bread Fresh Pear Milk		**Gluten Free Pancakes** Jones Chicken Sausage Carrots Tater Tots Applesauce Milk		**Gluten Free Pizza** Salad Cucumber Wheels Fresh Fruit	
Monday	1/22	**Tuesday**	1/23	**Wednesday**	1/24	**Thursday**	1/25	**Friday**	1/23
Gluten Free Pasta Meatballs Sauce Garlic Toast Green Beans Apple Milk		**Gluten Free Hamburger** **Lettuce- Tomato- Pickles- Chips** **Cucumber Wheels** **Local Apple Milk**		**Gluten Free Grilled Chicken Sandwich** Chips Green Beans Clementine's Milk		**Gluten Free Tostitos and Seasoned Beef** Sweet Corn Lettuce Tomato Salsa Applesauce		**Gluten Free Pizza** Caesar Salad Cucumber Wheels Fruit Milk **Happy Birthday Cupcake January**	
Monday	1/29	**Tuesday**	1/30	**Wednesday**	1/31	**Thursday**	2/1	**Friday**	2/2
Gluten Free Chicken Tenders Sweet Corn Bread Apple Slices		**Gluten Free Pancakes** Jones Chicken Sausage Carrots Tater Tots Applesauce Milk		**Gluten Free Cheerios** Yogurt String Cheese Baby Carrots Celery Sticks Applesauce		**Gluten Free Hot Dog** Baked Beans Sweet Potato Fries Peaches Fresh Fruit		**Gluten Free Pizza** Caesar Salad Cucumber Wheels Applesauce Orange Smiles	

This institution is an equal opportunity provider

Martha Lawless, Food Service Director
781-821-5060 x 1246
lawlessm@cantonma.org