**Gluten Free-CL HS & MS Schools May 2016 Lunch Menu**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 2  NO SCHOOL TODAY | 3  GF-Nachos\* Taco Fixings Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* GF-Mexican Rice GF-Refried Beans w/ Cheese\* Corn Fresh Fruit Rosey Applesauce Lettuce/ FF Mayo Ketchup/ Mustard/ BBQ Milk | 4  GF-Chick Drumstick & bread Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* Baked Potato Green Beans Fresh Fruit Juice Lettuce/ FF Mayo Better Spread Ketchup/ Mustard/ BBQ GF- Cookie Milk | 5  GF-Chicken Nuggets Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* Br Rice Pilaf Peas Fresh Fruit Applesauce Lettuce/ FF Mayo Ketchup/ Mustard/ BBQ Milk | 6  GF-Hot Dog w/ bread Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* GF-Mashed Potatoes\* Peas & Carrots Orange Wedges Diced Pears Lettuce/ FF Mayo Ketchup/ Mustard/ BBQ Better Spread GF- Cookie Milk |
| 9  GF-Chicken Breast w/ bread Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* GF-Buttery Noodles Broccoli Apples w/ Caramel\* Juice Lettuce/ FF Mayo Milk\* | 10  GF-Walking Tacos\* Taco Fixings Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* GF-Mexican Rice Corn Fresh Fruit Rosey Applesauce Gelatin Lettuce/ FF Mayo Ketchup & BBQ Sauce Milk | 11  GF-Hamburger w/ bread Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* GF-Seasoned Oven Potatoes Green Beans Fresh Fruit Juice Lettuce/ FF Mayo Ketchup/ Mustard/ BBQ Better Spread GF- Cookie Milk | 12  GF- Chicken Tenders Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* Br Rice Pilaf California Veggies Fresh Fruit Applesauce Lettuce/ FF Mayo Milk | 13  GF-Hot Dog w/ bread Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* GF-Mashed Potatoes\* Peas & Carrots Orange Wedges Diced Pears Lettuce/ FF Mayo Ketchup/ Mustard/ BBQ Better Spread GF- Cookie Milk |
| 16  GF-Chicken Breast w/ bread Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* GF-Greek Spaghetti Broccoli Apples w/ Caramel\* Juice Lettuce/ FF Mayo Milk\* | 17  GF- Hard Shell Taco w/ Taco Fixings Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* GF-Mexican Rice GF-Refried Beans w/ Cheese\* Corn Fresh Fruit Rosey Applesauce Gelatin Lettuce/ FF Mayo Ketchup & BBQ Sauce Milk | 18  GF- Sloppy Joe w/ bread Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* GF-Hashbrown Stix Green Beans Fresh Fruit Juice Lettuce/ FF Mayo Ketchup/ Mustard/ BBQ Better Spread GF- Cookie Milk | 19  GF- Chicken Tenders Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* Br Rice Pilaf California Veggies Fresh Fruit Applesauce Lettuce/ FF Mayo Milk | 20  GF-Hot Dog w/ bread Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* GF-Mashed Potatoes\* Peas & Carrots Orange Wedges Diced Pears Lettuce/ FF Mayo Ketchup/ Mustard/ BBQ Better Spread GF- Cookie |
| 23  GF-Hamburger w/ bread(P) Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* GF-Spirals & Cheese\* Broccoli Apples w/ Caramel\* Juice Lettuce/ FF Mayo Ketchup/ Mustard/ BBQ Milk | 24  GF-Nachos\* Taco Fixings Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* GF-Mexican Rice GF-Refried Beans w/ Cheese\* Corn Fresh Fruit Rosey Applesauce Lettuce/ FF Mayo Ketchup/ Mustard/ BBQ Milk | 25  GF-Chick Drumstick & Roll Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* Baked Potato Green Beans Fresh Fruit Juice Fr Fruit Cup Lettuce/ FF Mayo Ketchup & BBQ Sauce Better Spread GF-Cookie Milk | 26  GF-Chicken Nuggets Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* Br Rice Pilaf Peas Fresh Fruit Applesauce Lettuce/ FF Mayo Ketchup/ Mustard/ BBQ Milk | 27  GF-Homemade Pizza\* Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* GF-Mashed Potatoes\* Peas & Carrots Orange Wedges Diced Pears Lettuce/ FF Mayo Ketchup/ Mustard/ BBQ Better Spread GF- Cookie Milk |
| 30  NO SCHOOL TODAY | 31  GF-Walking Tacos\* Taco Fixings Chef Salad\* Romaine Salad w/ dressing\* Fresh Veggies w/ RF Dip\* GF-Mexican Rice Corn Fresh Fruit Rosey Applesauce Gelatin Lettuce/ FF Mayo Ketchup & BBQ Sauce Milk |  |  |  |

Information provided is not intended to be used for medical purposes!   
Daily Menu is subject to change.  
\*- Item Contains Dairy (P)- Item Contains Pork  
This Institution is an Equal Opportunity Provider

\*\*\*These Foods are produced in a Facility that uses products containing Gluten\*\*\*