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

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 2NO SCHOOL TODAY | 3GF-Nachos\*Taco FixingsChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*GF-Mexican RiceGF-Refried Beans w/ Cheese\*CornFresh FruitRosey ApplesauceLettuce/ FF MayoKetchup/ Mustard/ BBQMilk | 4GF-Chick Drumstick & breadChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*Baked PotatoGreen BeansFresh FruitJuiceLettuce/ FF MayoBetter SpreadKetchup/ Mustard/ BBQGF- CookieMilk | 5GF-Chicken NuggetsChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*Br Rice PilafPeasFresh FruitApplesauceLettuce/ FF MayoKetchup/ Mustard/ BBQMilk | 6GF-Hot Dog w/ breadChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*GF-Mashed Potatoes\*Peas & CarrotsOrange WedgesDiced PearsLettuce/ FF MayoKetchup/ Mustard/ BBQBetter SpreadGF- CookieMilk |
| 9GF-Chicken Breast w/ breadChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*GF-Buttery NoodlesBroccoliApples w/ Caramel\*JuiceLettuce/ FF MayoMilk\* | 10GF-Walking Tacos\*Taco FixingsChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*GF-Mexican RiceCornFresh FruitRosey ApplesauceGelatinLettuce/ FF MayoKetchup & BBQ SauceMilk | 11GF-Hamburger w/ breadChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*GF-Seasoned Oven PotatoesGreen BeansFresh FruitJuiceLettuce/ FF MayoKetchup/ Mustard/ BBQBetter SpreadGF- CookieMilk | 12GF- Chicken TendersChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*Br Rice PilafCalifornia VeggiesFresh FruitApplesauceLettuce/ FF MayoMilk | 13GF-Hot Dog w/ breadChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*GF-Mashed Potatoes\*Peas & CarrotsOrange WedgesDiced PearsLettuce/ FF MayoKetchup/ Mustard/ BBQBetter SpreadGF- CookieMilk |
| 16GF-Chicken Breast w/ breadChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*GF-Greek SpaghettiBroccoliApples w/ Caramel\*JuiceLettuce/ FF MayoMilk\* | 17GF- Hard Shell Tacow/ Taco FixingsChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*GF-Mexican RiceGF-Refried Beans w/ Cheese\*CornFresh FruitRosey ApplesauceGelatinLettuce/ FF MayoKetchup & BBQ SauceMilk | 18GF- Sloppy Joe w/ breadChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*GF-Hashbrown StixGreen BeansFresh FruitJuiceLettuce/ FF MayoKetchup/ Mustard/ BBQBetter SpreadGF- CookieMilk | 19GF- Chicken TendersChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*Br Rice PilafCalifornia VeggiesFresh FruitApplesauceLettuce/ FF MayoMilk | 20GF-Hot Dog w/ breadChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*GF-Mashed Potatoes\*Peas & CarrotsOrange WedgesDiced PearsLettuce/ FF MayoKetchup/ Mustard/ BBQBetter SpreadGF- Cookie |
| 23GF-Hamburger w/ bread(P)Chef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*GF-Spirals & Cheese\*BroccoliApples w/ Caramel\*JuiceLettuce/ FF MayoKetchup/ Mustard/ BBQMilk | 24GF-Nachos\*Taco FixingsChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*GF-Mexican RiceGF-Refried Beans w/ Cheese\*CornFresh FruitRosey ApplesauceLettuce/ FF MayoKetchup/ Mustard/ BBQMilk | 25GF-Chick Drumstick & RollChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*Baked PotatoGreen BeansFresh FruitJuiceFr Fruit CupLettuce/ FF MayoKetchup & BBQ SauceBetter SpreadGF-CookieMilk | 26GF-Chicken NuggetsChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*Br Rice PilafPeasFresh FruitApplesauceLettuce/ FF MayoKetchup/ Mustard/ BBQMilk | 27GF-Homemade Pizza\*Chef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*GF-Mashed Potatoes\*Peas & CarrotsOrange WedgesDiced PearsLettuce/ FF MayoKetchup/ Mustard/ BBQBetter SpreadGF- CookieMilk |
| 30NO SCHOOL TODAY | 31GF-Walking Tacos\*Taco FixingsChef Salad\*Romaine Salad w/ dressing\*Fresh Veggies w/ RF Dip\*GF-Mexican RiceCornFresh FruitRosey ApplesauceGelatinLettuce/ FF MayoKetchup & BBQ SauceMilk |   |   |   |

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\*\*\*