

ELEMENTARY /RJEMS/BF /WEST INVEST EARLY

*Students who have a Special Diet Statement signed by a recognized medical professional may select items from our gluten free menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GF Chicken Strips Brown Rice Blend Garden Salad Peas & Carrots Fruit Cup Lowfat Milk W1D1	GF Super Deli Sub/Udis Bun Fresh Fixings Pickle Slices Crunchy Baby Carrots w/hummus Fresh Fruit Lowfat Milk W1D2	GF Burrito W K Corn Fresh Fruit Lowfat Milk W1D3	GF WG Udis Bread Lunch Meat & Cheese Sandwich Green Beans Fresh Fruit Lowfat Milk W1D4	GF Roast Turkey Slice Mashed Potatoes Tangy Cranberries Broccoli Buds Pineapple Tidbits Lowfat Milk W1D5
GF Udis Grilled Cheese Crisp Vegetables Fresh Fruit Lowfat Milk Fun Fruit W2D1	GF Burrito American Farm's Refr. Beans Seasoned Green Beans Sliced Apples w/Cinnamon Lowfat Milk W2D2	GF WG Udis Bread Lunch Meat & Cheese Sandwich Veggies w/Rsted Red Pep Hummus Mandarin Oranges Lowfat Milk W2D3	GF Nature's Path Waffle Cheese Stick/ 4 Cheese Slices Crispy Hashbrown Tangy Tomato Juice Fresh Fruit Lowfat Milk W2D4	GF Amy's Macaroni & Cheese Spinach & Romaine Salad w/Balsamic Vinaigrette Dressing Mixed Vegetables Pineapple Tidbits Lowfat Milk W2D5
Roasted Chicken Fillet/GF Bun Shredded Lettuce Baked Beans Fresh Vegetables Chilled Peaches Lowfat Milk W3D1	GF WG Udis Bread Lunch Turkey/Shredded lettuce/Tomato Pickle Spear Mediterranean Chick Pea Salad Fresh Fruit Lowfat Milk W3D2	GF Chicken Strips GF Bread Slice Celery Sticks Fruit Cup Lowfat Milk W3D3	GF Amy's Macaroni & Cheese Garden Blend Salad WK Corn Veggie Cup Fresh Fruit Lowfat Milk W3D4	GF WG Udis Bread Lunch Meat & Cheese Sandwich Early June Peas Chilled Applesauce Lowfat Milk Potato Chips W3D5
Roasted Chicken Fillet/GF Bun Shredded Lettuce California Blend Vegetables Mandarin Oranges Lowfat Milk W4D1	GF Frito Lay Nachos w/Cheese Sauce WK Corn Fresh Fruit Lowfat Milk W4D2	GF Hotdog/GF Bun Potato Salad Chilled Applesauce Lowfat Milk Fun Fruit W4W3	GF Café BR Chick. Noodle Soup GF WG Udis Bread Lunch Meat & Cheese Sandwich Veggies w/Hummus Fresh Fruit Lowfat Milk W4D4	GF WG Udis Bread Lunch Meat & Cheese Sandwich Garden Blend Salad Baby Carrots Diced Pears Lowfat Milk W4D5
GFHamburger/ GF Bun Pickle Slices Regular Tator Tots Fresh Fruit Lowfat Milk W5D1	GF WG Udis Bread Lunch Meat & Cheese Sandwich Mashed Potato Early June Peas Peaches Lowfat Milk W5D2	GF Against the Grain Pizza Spinach & Romaine Salad Green Beans Fruit Cup Lowfat Milk W5D3	GF WG Udis Grilled Cheese Broccoli Buds w/ Hummus Mandarin Oranges Lowfat Milk W5D4	GF Amy's Macaroni & Cheese Garden Blend Salad Crunchy Baby Carrots Chilled Applesauce Lowfat Milk W5D5

GF (Gluten Free)

BR (Brand)

WG (Whole Grain)

GF Cheese:

Bongard Sliced Amer. Com. Cheese

Schreiber Sliced Amer. Cheese

Schreiber Sliced Swiss Cheese

GF Lunch Meat:

Jenni-O Ovn Rsted Turkey Brst

Jenni-O Sliced Turkey Ham

GF items are available to students who have doctor's instructions not to consume gluten.

NOTICE: This menu is written for children with a food intolerance, medical condition or food allergy; however, ingredients and menu items are subject to change or substitution without notice and allergens may enter the food supply.