

October 2021

Gluten Free Breakfast and Lunch Menu

Daily Lunch Offerings:
Ham, Turkey, Tuna
Garden and Grilled Chicken
Salad
Sandwiches on Gluten Free
Bread or Wraps

Assorted Fresh Fruit
or 100% Fruit Juice

Milk Choice:
Skim, 1% or Fat Free Chocolate
(Hormone & Antibiotic Free)

Gluten Free Meals are
Available Only to Students
with Documented
Restrictions

If you have any questions or
would like to order from this
menu, please email:
cooper-nicole@aramark.com

All School Meals
Are Free For All
Students Until
6/30/22



1

GF Honey Nut Cheerios
Fruit and Milk

Gluten Free Cheese
Pizza
Baby Carrots
Fresh Fruit and Milk

4

GF Cheerios
Fruit and Milk

Chicken Patty
On a GF Bun
Seasoned Corn
Fresh Fruit and Milk

5

GF Bagel w/ Butter
Fruit and Milk

Gluten Free
Turkey & Cheese Wrap
Steamed Broccoli
Fresh Fruit and Milk

6

GF Lucky Charms
Cereal
Fruit and Milk

Cheeseburger
On a GF Bun
Steamed Green Beans
Fresh Fruit and Milk

7

GF Blueberry Muffin
Fruit and Milk

Gluten Free
Chicken Tenders
Celery Sticks
Fresh Fruit and Milk

8

GF Honey Nut Cheerios
Fruit and Milk

Gluten Free Cheese
Pizza
Baby Carrots
Fresh Fruit and Milk

11

School Closed

Columbus Day

12

GF Bagel w/ Butter
Fruit and Milk

Gluten Free
Turkey & Cheese Wrap
Steamed Broccoli
Fresh Fruit and Milk

13

GF Lucky Charms
Cereal
Fruit and Milk

Cheeseburger
On a GF Bun
Steamed Green Beans
Fresh Fruit and Milk

14

GF Blueberry Muffin
Fruit and Milk

Gluten Free
Chicken Tenders
Celery Sticks
Fresh Fruit and Milk

15

GF Honey Nut Cheerios
Fruit and Milk

Gluten Free Cheese
Pizza
Baby Carrots
Fresh Fruit and Milk

18

GF Cheerios
Fruit and Milk

Chicken Patty
On a GF Bun
Seasoned Corn
Fresh Fruit and Milk

19

GF Bagel w/ Butter
Fruit and Milk

Gluten Free
Turkey & Cheese Wrap
Steamed Broccoli
Fresh Fruit and Milk

20

GF Lucky Charms
Cereal
Fruit and Milk

Cheeseburger
On a GF Bun
Steamed Green Beans
Fresh Fruit and Milk

21

GF Blueberry Muffin
Fruit and Milk

Gluten Free
Chicken Tenders
Celery Sticks
Fresh Fruit and Milk

22

GF Honey Nut Cheerios
Fruit and Milk

Gluten Free Cheese
Pizza
Baby Carrots
Fresh Fruit and Milk

25

GF Cheerios
Fruit and Milk

Chicken Patty
On a GF Bun
Seasoned Corn
Fresh Fruit and Milk

26

GF Bagel w/ Butter
Fruit and Milk

Gluten Free
Turkey & Cheese Wrap
Steamed Broccoli
Fresh Fruit and Milk

27

GF Lucky Charms
Cereal
Fruit and Milk

Cheeseburger
On a GF Bun
Steamed Green Beans
Fresh Fruit and Milk

28

GF Blueberry Muffin
Fruit and Milk

Gluten Free
Chicken Tenders
Celery Sticks
Fresh Fruit and Milk

29

GF Honey Nut Cheerios
Fruit and Milk

Gluten Free Cheese
Pizza
Baby Carrots
Fresh Fruit and Milk