

December 2022 Gluten-Free Menu

Student Breakfast - \$2.00

Student Lunch Elem-

\$3.00

MS/HS - \$3.25

Lunch Includes:

3 of the 5 Components

**Choice of Fruit, Vegetable, Grain, Meat
or Meat Alternate and Milk**

Milk Choice:

**Skim, 1% or Fat Free Chocolate
Hormone & Antibiotic Free**

***Accommodations for Special Dietary
Needs are Available Only to Students
with an annually completed**

"Special Dietary Needs Medical Stmt. Form"

Any questions please email:

zadorin-jennifer@aramark.com

Menu is subject to Change

aramark
STUDENT
NUTRITION

**MY SCHOOL
BUCKS** **PAY FOR MEALS ONLINE**
MySchoolBucks.com

Boar's Head
SINCE 1905

1 GF Lucky Charms
Cereal, Banana
Orange Juice

Cheeseburger
on a GF Bun
Steamed Broccoli
Banana

2 GF Honey Cheerios
Orange Wedges
Apple Juice

GF Cheese Pizza
Baby Carrots
Apple Slices

5 GF Lucky Charms Cereal
Apple Slices
Orange Juice

Cheeseburger
on a GF Bun
Steamed Broccoli
Fresh Pineapple

6 GF Cheerios
Banana
Apple Juice

Chicken Patty
on a GF Bun
Oven Baked Zucchini
Squash
Fresh Strawberries

7 GF Bagel w/ Butter
Orange Wedges
Apple Juice

Gluten Free
Turkey & Cheese Wrap
3 Bean Salad
Watermelon

8 GF Blueberry Muffin
Apple Slices
Orange Juice

Gluten Free
Chicken Tenders
Celery Sticks
Fresh Cantaloupe

9 GF Honey Cheerios
Orange Wedges
Apple Juice

GF Cheese Pizza
Baby Carrots
Apple Slices

12 GF Cheerios
Banana
Orange Juice

Chicken Patty
on a GF Bun
Seasoned Corn
Blueberries

13 GF Bagel w/ Butter
Orange Wedges
Apple Juice

GF Turkey & Cheese Wrap
3 Bean Salad
Apple Slices

14 GF Lucky Charms Cereal
Apple Slices
Orange Juice

Beef Cheeseburger
On a GF Bun
Steamed Green Beans
Fresh Strawberries

15 GF Blueberry Muffin
Banana
Apple Juice

GF Chicken Tenders
Steamed Broccoli
Fresh Pineapple

16 GF Honey Cheerios
Orange Wedges
Apple Juice

GF Cheese Pizza
Baby Carrots
Fresh Honeydew Melon

19 GF Cheerios
Apple Slices
Orange Juice

Chicken Patty
on a GF Bun
Seasoned Corn
Fresh Pineapple

20 GF Bagel w/ Butter
Banana
Apple Juice

GF Turkey & Cheese Wrap
3 Bean Salad
Fresh Strawberries

21 GF Blueberry Muffin
Apple Slices
Orange Juice

Gluten Free
Chicken Tenders
Celery Sticks
Fresh Cantaloupe

22 GF Lucky Charms Cereal
Apple Slices
Orange Juice

Beef Cheeseburger
On a GF Bun
Steamed Green Beans
Fresh Strawberries

23 GF Honey Cheerios
Orange Wedges
Apple Juice

GF Cheese Pizza
Baby Carrots
Apple Slices

26

Winter Recess

School Closed

27

Winter Recess

School Closed

28

Winter Recess

School Closed

29

Winter Recess

School Closed

30

Winter Recess

School Closed

