



# Gluten Free Lunch – All Levels December 2018

(2)

<b>3 MONDAY</b> Hot Dog – NO Bun w/ 2 oz Tortilla or Frito Corn Chips Can Take Up to 2 Vegetables <b>NO</b> Gravy Ranch OK Up to 2 Fruits Milk	<b>4 TUESDAY</b> Beef Nachos OR Chicken Chef Salad w/ 2 oz Tortilla or Frito Corn Chips Can Take Up to 2 Vegetables <b>NO</b> Gravy Ranch OK Up to 2 Fruits Milk	<b>5 WEDNESDAY</b> Ham OR Turkey & Chz. w/ 2 oz Tortilla or Frito Corn Chips Can Take Up to 2 Vegetables <b>NO</b> Gravy Ranch OK Up to 2 Fruits Milk	<b>6 THURSDAY</b> Hot Dog – NO Bun w/ 2 oz Tortilla or Frito Corn Chips Can Take Up to 2 Vegetables <b>NO</b> Gravy Ranch OK Up to 2 Fruits Milk	<b>7 FRIDAY</b> Ham OR Turkey & Chz. w/ 2 oz Tortilla or Frito Corn Chips Can Take Up to 2 Vegetables <b>NO</b> Gravy Ranch OK Up to 2 Fruits Milk
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<b>10 MONDAY</b> Hot Dog – NO Bun w/ 2 oz Tortilla or Frito Corn Chips Can Take Up to 2 Vegetables <b>NO</b> Gravy Ranch OK Up to 2 Fruits Milk	<b>11 TUESDAY</b> Beef Nachos OR Ham OR Turkey & Chz. w/ 2 oz Tortilla or Frito Corn Chips Can Take Up to 2 Vegetables <b>NO</b> Gravy Ranch OK Up to 2 Fruits Milk	<b>12 WEDNESDAY</b> Turkey Chef Salad w/ 2 oz Tortilla or Frito Corn Chips Can Take Up to 2 Vegetables <b>NO</b> Gravy Ranch OK Up to 2 Fruits Milk	<b>13 THURSDAY</b> Hot Dog – NO Bun w/ 2 oz Tortilla or Frito Corn Chips Can Take Up to 2 Vegetables <b>NO</b> Gravy Ranch OK Up to 2 Fruits Milk	<b>14 FRIDAY</b> Egg Chef Salad Ranch Dressing w/ 2 oz Tortilla or Frito Corn Chips Can Take Up to 2 Vegetables <b>NO</b> Gravy Ranch OK Up to 2 Fruits Milk
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<b>17 MONDAY</b> Hot Dog – NO Bun w/ 2 oz Tortilla or Frito Corn Chips Can Take Up to 2 Vegetables <b>NO</b> Gravy Ranch OK Up to 2 Fruits Milk	<b>18 TUESDAY</b> Beef Nachos OR Ham OR Turkey & Chz. w/ 2 oz Tortilla Chips or Wrap on 2 Corn Tortillas Can Take Up to 2 Vegetables <b>NO</b> Gravy Ranch OK Up to 2 Fruits Milk	<b>19 WEDNESDAY</b> Turkey Chef Salad w/ 2 oz Tortilla or Frito Corn Chips Can Take Up to 2 Vegetables <b>NO</b> Gravy Ranch OK Up to 2 Fruits Milk	<b>20 THURSDAY</b> Hot Dog – NO Bun w/ 2 oz Tortilla or Frito Corn Chips Can Take Up to 2 Vegetables <b>NO</b> Gravy Ranch OK Up to 2 Fruits Milk	<b>21 FRIDAY</b> <b>Winter Break</b>
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<b>24 MONDAY</b> <b>Winter Break</b>	<b>25 TUESDAY</b> <b>Winter Break</b>	<b>26 WEDNESDAY</b> <b>Winter Break</b>	<b>27 THURSDAY</b> <b>Winter Break</b>	<b>28 FRIDAY</b> <b>Winter Break</b>
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<b>31 MONDAY</b> <b>Winter Break</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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**Nutrition Services Vision:**  
 “To provide meals and service that enrich and nourish lives.”

### Special News...

Free and Reduced Meal Applications can be filled out online at <https://frapps.horizonsolana.com/SPRR01> or you can pick up a paper version at your school office.

*Menus are subject to change*

**Lunch Prices MS/ES:**  
 Full Priced: \$2.90/\$2.65  
 Reduced: \$.40/\$.40

- What is a Reimbursable Lunch?**  
**Must choose 3 components with one being ½ cup fruit or vegetable.**
1. Whole Grain
  2. Fruit
  3. Vegetable
  4. Meat/Meat Alternate
  5. Milk-1%, Skim

