

Gluten Free Lunch – All Levels

April 2019



(4)

1 MONDAY
Hot Dog – NO Bun
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

2 TUESDAY
Beef Nachos OR
Ham OR Turkey & Chz.
w/ 2 oz Tortilla Chips
or Wrap on 2 Corn Tortillas
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

3 WEDNESDAY
Turkey Chef Salad
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

4 THURSDAY
Hot Dog – NO Bun
w/ 2 oz Tortilla or Frito
Corn Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

5 FRIDAY
Egg Chef Salad
Ranch Dressing
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

(5)

8 MONDAY
Hot Dog – NO Bun
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

9 TUESDAY
Ham OR Turkey & Chz.
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

10 WEDNESDAY
Turkey Chef Salad
Ranch Dressing
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

11 THURSDAY
Hot Dog – NO Bun
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

12 FRIDAY
Egg Chef Salad
Ranch Dressing
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

(1)

15 MONDAY
Hot Dog – NO Bun
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

16 TUESDAY
Beef Nachos OR
Ham OR Turkey & Chz.
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

17 WEDNESDAY
Broccoli & Chz Baked
Potato
w/ 2 oz Tortilla or Frito
Corn Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

18 THURSDAY
Ham OR Turkey & Chz.
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

19 FRIDAY
No School

(2)

22 MONDAY
Hot Dog – NO Bun
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

23 TUESDAY
Beef Nachos OR Chicken Chef
Salad
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

24 WEDNESDAY
Ham OR Turkey & Chz.
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

25 THURSDAY
Hot Dog – NO Bun
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

26 FRIDAY
Ham OR Turkey & Chz.
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

(3)

29 MONDAY
Hot Dog – NO Bun
w/ 2 oz Tortilla or Frito Corn
Chips
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

30 TUESDAY
Beef Nachos OR
Ham OR Turkey & Chz.
w/ 2 oz Tortilla Chips
or Wrap on 2 Corn Tortillas
Can Take
Up to 2 Vegetables
NO Gravy
Ranch OK
Up to 2 Fruits
Milk

WEDNESDAY

THURSDAY

FRIDAY

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