

Gluten Free Lunch – All Levels January 2019



(1)

MONDAY

1 TUESDAY
No School

2 WEDNESDAY
No School

3 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

4 FRIDAY
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)

7 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

8 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

9 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

10 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

11 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)

14 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

15 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

16 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

17 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

18 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

(4)

21 MONDAY
MLK Jr. Day

22 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

23 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

24 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

25 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)

28 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

29 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

30 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

31 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

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