



Gluten Free Lunch – All Levels

March 2019

(4)	MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	1 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)	4 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	5 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	6 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	7 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	8 FRIDAY No School
(1)	11 MONDAY Spring Break	12 TUESDAY Spring Break	13 WEDNESDAY Spring Break	14 THURSDAY Spring Break	15 FRIDAY Spring Break
(2)	18 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	19 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	20 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	21 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	22 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)	25 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	26 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	27 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	28 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	29 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

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

