



Gluten Free Lunch – All Levels May 2019

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| (3) | MONDAY | TUESDAY | 1 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 | 2 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 | 3 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 |
| | 6 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 | 7 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 | 8 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 | 9 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 | 10 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) | 13 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 | 14 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 | 15 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 | 16 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 | 17 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 |
| | 20 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 | 21 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 | 22 WEDNESDAY | 23 THURSDAY | 24 FRIDAY |
| (1) | 27 MONDAY | 28 TUESDAY | 29 WEDNESDAY | 30 THURSDAY | 31 FRIDAY |
| | (2) | | | | |

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