



Gluten Free Lunch – All Levels

June Explore 2019

(1)	3 MONDAY Cheeseburger – NO Bun w/ 2 oz Tortilla or Frito Corn Chips Sweet Potato Fries Apple Slices/ Juice Assorted Milk	4 TUESDAY Nachos OR Cheeseburger – NO Bun w/ 2 oz Tortilla or Frito Corn Chips Refried Beans Fzn Strawberry Cup/Juice Assorted Milk	5 WEDNESDAY Ham & Cheese - No Sub Roll w/ 2 oz Tortilla or Frito Corn Chips Green Beans Applesauce/Juice Assorted Milk Milk	6 THURSDAY Chef Salad w/ 2 oz Tortilla or Frito Corn Chips Mashed Potatoes – No Gravy Peaches/Juice Assorted Milk	7 FRIDAY Grilled Chicken Sandwich – No Bun w/ 2 oz Tortilla or Frito Corn Chips Sliced Carrots Craisins/Juice Assorted Milk
	10 MONDAY Cheeseburger – NO Bun w/ 2 oz Tortilla or Frito Corn Chips Baked Beans Apple Slices/Juice Assorted Milk	11 TUESDAY Cheeseburger – NO Bun w/ 2 oz Tortilla or Frito Corn Chips Sliced Carrots Fzn Strawberry Cup /Juice Assorted Milk	12 WEDNESDAY Pork Roast w/ 2 oz Tortilla or Frito Corn Chips Steamed Broccoli Applesauce/Juice Assorted Milk	13 THURSDAY Chef Salad w/ 2 oz Tortilla or Frito Corn Chips Mashed Potatoes– No Gravy Peaches /Juice Assorted Milk	14 FRIDAY Ham OR Turkey & Chz. w/ 2 oz Tortilla or Frito Corn Chips Green Beans Mixed Fruit/Juice Assorted Milk
	17 MONDAY Tater Bite Nachos w/ 2 oz Tortilla or Frito Corn Chips Baked Beans Apple Slices/Juice Assorted Milk	18 TUESDAY Cheeseburger – NO Bun w/ 2 oz Tortilla or Frito Corn Chips Sweet Potatoes Fzn Strawberry Cup /Juice Assorted Milk	19 WEDNESDAY Cheeseburger – NO Bun w/ 2 oz Tortilla or Frito Corn Chips Green Beans Applesauce/Juice Assorted Milk	20 THURSDAY Chef Salad w/ 2 oz Tortilla or Frito Corn Chips Steamed Broccoli Peaches /Juice Assorted Milk	21 FRIDAY Grilled Chicken Sandwich – No Bun w/ 2 oz Tortilla or Frito Corn Chips Sliced Carrots Craisins /Juice Assorted Milk
	24 MONDAY Nachos OR Up to 2 Vegetables Baked Beans Apple Slices/Juice Assorted Milk	25 TUESDAY Cheeseburger – NO Bun w/ 2 oz Tortilla or Frito Corn Chips Sliced Carrots Fzn Strawberry Cup /Juice Assorted Milk	26 WEDNESDAY Grilled Chicken Sandwich – No Bun w/ 2 oz Tortilla or Frito Corn Chips Steamed Broccoli Applesauce/Juice Assorted Milk	27 THURSDAY Oven Roasted Chix Drumstick w/ 2 oz Tortilla or Frito Corn Chips Corn Peaches /Juice Assorted Milk	28 FRIDAY Pork Roast w/ 2 oz Tortilla or Frito Corn Chips Green Beans Mixed Fruit/Juice Assorted Milk
	MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY

Nutrition Services Vision:
 "To provide meals and service that enrich and nourish lives."

Menus are subject to change