

Gluten Free Menu September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
GF Muttin & Cheese Stick ^{8/31} 	Cereal & HB Egg ^{9/1} 	Cereal & Yogurt ^{9/2} 	Cereal & Cheese Stick ^{9/3} 	Sweet Southern Brunch ^{9/4}
BBQ Pork Nachos with Baked Scoops	GF Chicken Nuggets with Baked Scoops	Hamburger on GF Bun	GF Popcorn Chicken Bowl w/ Mashed Potatoes	GF Cheese Pizza on GF Crust
No School Labor Day	Cereal & HB Egg ^{9/8} 	Cereal & Yogurt ^{9/9} 	Cereal & Cheese Stick ^{9/10} 	Apple & Cheese Sammy ^{9/11} 
	Carne Asada Fries w/ GF Roll	Cheeseburger on GF Bun	Cheesy Fajita Quesadilla Made w/GF Corn Tortilla	GF Cheese Pizza  on GF Crust
GF Muttin & Cheese Stick ^{9/14} 	Cereal & HB Egg ^{9/15} 	Cheese Omelet & GF Toast ^{9/16} 	Cereal & Cheese Stick ^{9/17} 	SEC Breakfast Sandwich ^{9/18}
Grilled Chicken Sandwich w/Cheese on GF Bun	GF Grilled Cheese on GF Bread	Ham & Cheese Melt on GF Bun	Cheese Enchiladas  made w/GF Corn Tortillas	GF French Bread Cheese Pizza  on GF Crust
GF Muttin & Cheese Stick ^{9/21} 	Cereal & HB Egg ^{9/22} 	Cereal & Yogurt ^{9/23} 	Cereal & Cheese Stick ^{9/24} 	Egg Breakfast Sandwich ^{9/25} 
Breakfast Lunch Box  with GF Cereal	GF Chicken Nuggets with Baked Scoops	Cheeseburger on GF Bun	Cheese Quesadilla made w/GF Corn Tortillas	Build -a- Pizza on GF Crust
GF Muttin & Cheese Stick ^{9/28} 	Cereal & HB Egg ^{9/29} 	Cereal & Yogurt ^{9/30} 	Cereal & Cheese Stick ^{10/1} 	Egg Breakfast Sandwich ^{10/2} 
Breakfast Lunch Box  with GF Cereal	GF Grilled Cheese with GF Bread	Bean & Cheese Burrito on Corn Tortilla	Hot Dog on GF Bun	Build -a- Pizza on GF Crust

 = Vegetarian Option

Possible GF Cereals: Cheerios, Honey Nut Cheerios, Honey Nut Chex, Lucky Charms, and/or Rice Chex

** GF Cookie on

Fruit and Veggie options are as follows; Mon: Potato & Applesauce, Tues: Broccoli & Seasonal Fruit, Wed: Seasonal Veggie, Carrots & Mixed Fruit, Thurs: Beans & Apples, Fri: Seasonal Veggie, Carrots & Pears



"Believe you can and you're halfway there" - Theodore Roosevelt

This institution is an equal opportunity provider.

Updated 8/11/2020

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