

High School Gluten Free Menu December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal & HB Egg ^{11/30} 	Fruit Parfait & Cereal ^{12/1} 	GF Muffin & Cheese Stick ^{12/2} 	Cereal & Cheese Stick ^{12/3} 	Egg Breakfast Sandwich ^{12/4} 
Taquitos w/Beans & Rice	Fajitas w/ Corn Tortilla	Super Nachos w/Scoops	Popcorn Chicken Mash Bow GF Ckn Bites & GF Roll	Tacos on Corn Tortilla
Cereal & HB Egg ^{12/7} 	Fruit Parfait & Cereal ^{12/8} 	GF Breakfast Platter ^{12/9} 	Egg Breakfast Sandwich ^{12/10} 	GF Muffin & Cheese Stick ^{12/11} 
Walking Taco w/ Scoops	Cheesy Quesadilla on Corn Torillas	Grilled Chicken Sandwich on GF Bun	Popcorn Chicken Mash Bow GF Ckn Bites & GF Roll	Tamales w/Mexican Rice
Cereal & HB Egg ^{12/14} 	SEC Breakfast Sandwich ^{12/15}	GF Breakfast Platter ^{12/16} 	GF Muffin & Cheese Stick ^{12/17} 	 ^{12/18}
Walking Taco w/Scoops	Fajitas w/ Corn Tortilla	1/2 Day All Schools	1/2 Day All Schools	Teacher's Day-No School
 Dec 21-Jan 1 Winter Break - No School 				
Cereal & HB Egg ^{1/4} 	SEC Breakfast Sandwich ^{1/5}	GF Breakfast Platter ^{1/6} 	Egg Breakfast Sandwich ^{1/7} 	GF Muffin & Cheese Stick ^{1/8} 
Walking Taco w/Scoops	Fajitas w/ Corn Tortilla	Taquitos	Popcorn Chicken Mash Bow GF Ckn Bites & GF Roll	Grilled Cheese w/Soup on GF Bread
 = Vegetarian Option	<u>Possible GF Cereals:</u> Cheerios, Honey Nut Cheerios, Honey Nut Chex, Lucky Charms, and/or Rice Chex		There are at least 3 different fruits and vegetables available daily at our fresh fruit and vegetable bar	



"Success is not final, failure is not fatal: it is the courage that counts" – Winston Churchill.

High School Gluten Free Menu December 2020