



















High School Gluten Free Menu November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal & HB Egg ^{11/2} 	Fruit Parfait & Cereal ^{11/3} 	GF Muffin & Cheese Stick ^{11/4} 	Cereal & Cheese Stick ^{11/5} 	Egg Breakfast Sandwich ^{11/6} 
Turkey Tostada on Corn Tortilla	Buffalo Chicken Salad w/ GF Ckn Bites	Hamburger or Cheeseburger on/ GF Bun	Popcorn Chicken Mash Bow GF Ckn Bites & GF Roll	Super Nachos w/ Scoops
Cereal & HB Egg ^{11/9} 	Fruit Parfait & Cereal ^{11/10} 		Egg Breakfast Sandwich ^{11/12} 	Turkey Chorizo Quesadilla ^{11/13}
Walking Taco w/ Scoops	Cheesy Fajita Quesadilla on Corn Torillas	Veterans Day No School	Popcorn Chicken Mash Bow GF Ckn Bites & GF Roll	Philly Cheesesteak on GF Bun
Cereal & HB Egg ^{11/16} 	SEC Breakfast Sandwich ^{11/17} 	GF Breakfast Platter ^{11/18} 	GF Muffin & Cheese Stick ^{11/19} 	Breakfast Tacos Verde ^{11/20}
Turkey Tostada on Corn Tortilla	Ham Sandwich on GF Bread	Grilled Buffalo Chicken Sandwich on GF Bread	Thanksgiving Meal Turkey, Green Beans, Mashed Potatoes, GF Roll & GF Pumpkin Pie	Toasted Italian Sandwich on GF Bread
^{11/23}	^{11/24}	^{11/25}	^{11/26}	^{11/27}
 Thanksgiving Break - No School 				
Cereal & HB Egg ^{11/30} 	Fruit Parfait & Cereal ^{12/1} 	GF Muffin & Yogurt ^{12/2} 	SEC Breakfast Sandwich ^{12/3} 	Breakfast Tacos Verde ^{12/4}
Super Nachos w/ Scoops	Cheesy Fajita Quesadilla on Corn Torillas	Hamburger or Cheeseburger on/ GF Bun	Popcorn Chicken Mash Bow GF Ckn Bites & GF Roll	Turkey Tacos w/ Corn Tortillas

 = Vegetarian Option

Possible GF Cereals: 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



“The secret of getting ahead is getting started.” – Mark Twain.