



# Gluten Free Menu

2009-2010

The Voice of School Nutrition for ACPS



www.acps.k12.va.us/fns

READ ALL Ingredient Labels EVERY TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Choose One:</u></b>            Chicken Fajita            Rice (Brown or White)            OR            Yogurt ▼            OR            Chef Salad w/            Ranch Dressing            (No Saltine Crackers or Croutons)</p> <p><b><u>Choose Two:</u></b>            Assorted Fruits and            Vegetables*</p> <p>Assorted Milk</p>	<p><b><u>Choose One:</u></b>            100% Hamburger            Corn Tortilla Chips            OR            Yogurt ▼            OR            Chef Salad w/            Ranch Dressing            (No Saltine Crackers or Croutons)</p> <p><b><u>Choose Two:</u></b>            Assorted Fruits and            Vegetables*</p> <p>Assorted Milk</p>	<p><b><u>Choose One:</u></b>            Breakfast for Lunch:            2 Turkey Sausage Patties            OR            Yogurt ▼            OR            Chef Salad w/            Ranch Dressing            (No Saltine Crackers or Croutons)</p> <p><b><u>Choose Two:</u></b>            Assorted Fruits and            Vegetables*</p> <p>Assorted Milk</p>	<p><b><u>Choose One:</u></b>            Unbreaded            Chicken Fillet            Rice (Brown or White)            OR            Yogurt ▼            OR            Chef Salad w/            Ranch Dressing            (No Saltine Crackers or Croutons)</p> <p><b><u>Choose Two:</u></b>            Assorted Fruits and            Vegetables*</p> <p>Assorted Milk</p>	<p><b><u>Choose One:</u></b>            Turkey Hot Dog            Corn Tortilla Chips            OR            Yogurt ▼            OR            Chef Salad w/            Ranch Dressing            (No Saltine Crackers or Croutons)</p> <p><b><u>Choose Two:</u></b>            Assorted Fruits and            Vegetables*</p> <p>Assorted Milk</p>

MENUS SUBJECT TO CHANGE

9/2/2009

◆ Contains no pork



Contains Pork



Contains Nuts



Vegetarian Choice



Whole Grain (WG) or  
Whole Wheat (WW)



New Item

\*No apple crisp

Other gluten free offerings:  
Hummus, cheese, BBQ pork rib

Keep Gluten Free Foods separate on serving line.

### Precautions:

Beware of cross contamination. Wash hands and change gloves when handling gluten free products.

\*Use a separate pan and utensils to cook gluten free foods.