



FOOD & NUTRITION SERVICES
Fairfax County Public Schools
MIDDLE SCHOOL GLUTEN FREE MENU
SEPTEMBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7 Labor Day Holiday	8 GF Yogurt Biteable OR Bologna on GF Bread, w/PC Mayo & Mustard OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Taco Salad w/Chili, Tortilla Chips w/Shredded Cheddar & Mozzarella Cheese Blend OR Hot Turkey Ham on GF Tortilla OR Tuna with PC Mayo on GF Tortilla <u>CHOICE OF TWO</u> Brown Rice Broccoli & Carrot Slims w/Dip Chilled Pineapple Fresh Fruit	9 GF Yogurt Biteable OR PC Sun Butter & PC Jelly with GF Bread, String Cheese OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Turkey Frank on GF Bread OR Fruit Salad w/Yogurt, Sun Butter, Fresh Fruit & GF Bread <u>CHOICE OF TWO</u> Smiley Potatoes Lettuce, Tomato, Pickle Fresh Apple Slices Banana	10 GF Yogurt Biteable OR Meat Sauce over Brown Rice OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Chef's Salad w/Shredded Cheddar & Mozzarella Cheese Blend, & GF Tortilla <u>CHOICE OF TWO</u> Green Peas Tossed Salad w/Cherry Tomato Chilled Pears Fresh Fruit	11 GF Yogurt Biteable OR PC Sun Butter & PC Jelly with GF Bread, String Cheese OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Toasted Cheddar Cheese on GF Bread OR Fruit Salad w/Yogurt, String Cheese, Fresh Fruit, & GF Bread <u>CHOICE OF TWO</u> Mixed Vegetables Cucumber & Carrot Slims w/Dip Chilled Peaches Fruit Sherbet
14 GF Yogurt Biteable OR PC Sun Butter & PC Jelly with GF Bread, String Cheese OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Chef's Salad w/Shredded Cheddar & Mozzarella Cheese Blend, & GF Tortilla <u>CHOICE OF TWO</u> Carrot Slims or Vegetable Orange Quarters/Kiwi Raisins Chilled Pineapple	15 GF Yogurt Biteable OR PC Sun Butter & PC Jelly with GF Bread, String Cheese OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Hot Turkey Ham on GF Tortilla OR Tuna with PC Mayo, on GF Tortilla OR Taco Salad w/Chili, Tortilla Chips w/Shredded Cheddar & Mozzarella Cheese Blend <u>CHOICE OF TWO</u> Carrot Slims & Jicama w/Dip Chilled Peaches Fresh Melon	16 GF Yogurt Biteable OR PC Sun Butter & PC Jelly with GF Bread, String Cheese OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Turkey Frank on GF Bread OR Fruit Salad w/Yogurt, Sun Butter, Fresh Fruit, GF Bread <u>CHOICE OF TWO</u> Potato Rounds Tossed Salad w/Cherry Tomato Orange Juice Banana	17 GF Yogurt Biteable OR PC Sun Butter & PC Jelly with GF Bread, String Cheese OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Toasted Cheddar Cheese on GF Bread OR Chef's Salad w/Shredded Cheddar & Mozzarella Cheese Blend, & GF Bread <u>CHOICE OF TWO</u> Corn Lettuce, Tomato Tropical Fruit Salad Fresh Apple Slices	18 GF Yogurt Biteable OR PC Sun Butter & PC Jelly with GF Bread, String Cheese OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Fruit Salad w/Yogurt, String Cheese, Fresh Fruit, & GF Bread <u>CHOICE OF TWO</u> Green Beans Cucumbers w/Dip Chilled Pears Natural Frozen Fruit Bar
21 GF Yogurt Biteable OR PC Sun Butter & PC Jelly with GF Bread, String Cheese OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Chef's Salad w/Shredded Cheddar & Mozzarella Cheese Blend & GF Tortilla <u>CHOICE OF TWO</u> Golden Corn Applesauce Orange Quarters Raisins	22 GF Yogurt Biteable OR Bologna on GF Bread, w/PC Mayo & Mustard OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Taco Salad w/Chili, Tortilla Chips w/Shredded Cheddar & Mozzarella Cheese Blend OR Hot Turkey Ham on GF Tortilla OR Tuna with PC Mayo on GF Tortilla <u>CHOICE OF TWO</u> Brown Rice Broccoli & Carrot Slims w/Dip Chilled Pineapple Fresh Fruit	23 GF Yogurt Biteable OR PC Sun Butter & PC Jelly with GF Bread, String Cheese OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Turkey Frank on GF Bread OR Fruit Salad w/Yogurt, Sun Butter, Fresh Fruit & GF Bread <u>CHOICE OF TWO</u> Smiley Potatoes Lettuce, Tomato, Pickle Fresh Apple Slices Banana	24 GF Yogurt Biteable OR Meat Sauce over Brown Rice OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Chef's Salad w/Shredded Cheddar & Mozzarella Cheese Blend, & GF Tortilla <u>CHOICE OF TWO</u> Green Peas Tossed Salad w/Cherry Tomato Chilled Pears Fresh Fruit	25 GF Yogurt Biteable OR PC Sun Butter & PC Jelly with GF Bread, String Cheese OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Toasted Cheddar Cheese on GF Bread OR Fruit Salad w/Yogurt, String Cheese, Fresh Fruit, & GF Bread <u>CHOICE OF TWO</u> Mixed Vegetables Cucumber & Carrot Slims w/Dip Chilled Peaches Fruit Sherbet
28 GF Yogurt Biteable OR PC Sun Butter & PC Jelly with GF Bread, String Cheese OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Chef's Salad w/Shredded Cheddar & Mozzarella Cheese Blend, & GF Tortilla <u>CHOICE OF TWO</u> Carrot Slims or Vegetable Orange Quarters/Kiwi Raisins Chilled Pineapple	29 GF Yogurt Biteable OR PC Sun Butter & PC Jelly with GF Bread, String Cheese OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Hot Turkey Ham on GF Tortilla OR Tuna with PC Mayo, on GF Tortilla OR Taco Salad w/Chili, Tortilla Chips w/Shredded Cheddar & Mozzarella Cheese Blend <u>CHOICE OF TWO</u> Carrot Slims & Jicama w/Dip Chilled Peaches Fresh Melon	30 GF Yogurt Biteable OR PC Sun Butter & PC Jelly with GF Bread, String Cheese OR Hummus Biteable = Hummus, String Cheese, Carrots, Celery & Tortilla Chips or GF Tortilla OR Turkey Frank on GF Bread OR Fruit Salad w/Yogurt, Sun Butter, Fresh Fruit, GF Bread <u>CHOICE OF TWO</u> Potato Rounds Tossed Salad w/Cherry Tomato Orange Juice Banana		

*Daily - Choice of Milk