



MIDDLE & HIGH SCHOOL GLUTEN FREE LUNCH MENU  
SEPTEMBER 2010



Double Deal: Any Second Entrée \$1.75

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2010 - 2011 Nutrition Initiatives</p> <ul style="list-style-type: none"> <li>• Implement the Institute of Medicine's nutrition recommendations.</li> <li>• Eliminate chocolate milk in elementary schools.</li> <li>• Continue to purchase locally grown produce.</li> <li>• Continue to offer whole grain breads &amp; cereals.</li> <li>• Continue to reduce added sugar and salt.</li> <li>• Increase dried bean options and fiber rich foods.</li> <li>• Continue to Identify foods that contain pork.</li> <li>• Continue to offer vegetarian options.</li> </ul>				
<p><b>6</b></p> <p style="text-align: center;"><b>Labor Day Holiday</b></p>	<p><b>7</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla BBQ Pork Rib on GF Bread</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Carrots Applesauce Orange Quarters Fruit Cocktail w/Cherry Garnish</p> <p style="text-align: center;">Choice of Milk</p>	<p><b>8</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla Turkey Frank on GF Bread Fruit Salad w/ Fresh Fruit, Yogurt, Sun Butter, &amp; GF Bread</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Baked Smiley Potatoes Lettuce, Tomato, Pickle Pears w/Cherry Garnish Watermelon</p> <p style="text-align: center;">Choice of Milk</p>	<p><b>9</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla Meat Sauce over Brown Rice Chef's Salad w/Shredded Cheddar &amp; Mozzarella Cheese Blend, &amp; GF Tortilla</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Green Peas Tossed Salad Fresh Apple Slices Pineapple w/Cherry Garnish</p> <p style="text-align: center;">Choice of Milk</p>	<p><b>10</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla Steak &amp; Cheddar Cheese on GF Bread Fruit Salad w/Fresh Fruit, Yogurt, String Cheese, &amp; GF Bread</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Mixed Vegetables Zucchini &amp; Carrots Raisins Peaches Natural Frozen Fruit Bar Choice of Milk</p>
<p><b>13</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla Bologna on GF Bread w/PC Mayo &amp; Mustard Chef's Salad w/Shredded Cheddar &amp; Mozzarella Cheese Blend, Egg &amp; GF Tortilla</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Corn on the Cob Orange Quarters &amp; Kiwi Applesauce Fruit Cocktail w/Cherry Garnish Choice of Milk</p>	<p><b>14</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla Hot Turkey Ham on GF Tortilla Taco Salad w/Shredded Cheddar &amp; Mozzarella Cheese Blend w/Chili &amp; Tortilla Chips Chef Salad w/Tuna w/GF Bread or GF Tortilla</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Steamed Broccoli Carrots &amp; Jicama Pineapple w/Cherry Garnish Watermelon Choice of Milk</p>	<p><b>15</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla Turkey Frank on GF Bread Fruit Salad w/ Fresh Fruit, Yogurt, Sun Butter, &amp; GF Bread</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Baked Smiley Potatoes Tossed Salad w/Cherry Tomato Warm Cinnamon Apple Slices Banana Choice of Milk</p>	<p><b>16</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla Beef or TURKEY Taco on GF Tortilla or over Tortilla Chips Chef's Salad w/Shredded Cheddar &amp; Mozzarella Cheese Blend, &amp; GF Bread</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Baked Potato w/Salsa Lettuce, Tomato Fresh Apple Slices Pears w/Cherry Garnish Choice of Milk</p>	<p><b>17</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla Toasted Cheddar Cheese on GF Bread Fruit Salad w/Fresh Fruit, Yogurt, String Cheese, &amp; GF Bread</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Green Beans Celery &amp; Carrots Peaches Natural Frozen Fruit Bar Choice of Milk</p>
<p><b>20</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hot Turkey Ham on GF Tortilla Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla Chef's Salad w/Shredded Cheddar &amp; Mozzarella Cheese Blend, Egg, &amp; GF Tortilla</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Steamed Broccoli Applesauce w/Cinnamon Orange Quarters Fruit Cocktail w/Cherry Garnish Choice of Milk</p>	<p><b>21</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla BBQ Pork Rib on GF Bread Taco Salad w/Shredded Cheddar &amp; Mozzarella Cheese Blend w/Chili &amp; Tortilla Chips Chef Salad w/Tuna w/GF Bread or GF Tortilla</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Broccoli &amp; Carrots Pineapple w/Cherry Garnish Watermelon Choice of Milk</p>	<p><b>22</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla Turkey Frank on GF Bread Fruit Salad w/ Fresh Fruit, Yogurt, Sun Butter, &amp; GF Bread</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Baked Smiley Potatoes Lettuce, Tomato, Pickle Pears w/Cherry Garnish Banana Choice of Milk</p>	<p><b>23</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla Meat Sauce over Brown Rice Chef's Salad w/Shredded Cheddar &amp; Mozzarella Cheese Blend, &amp; GF Tortilla</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Green Peas Tossed Salad Fresh Apple Slices Choice of Milk</p>	<p><b>24</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla Steak &amp; Cheddar Cheese on GF Bread Fruit Salad w/Fresh Fruit, Yogurt, String Cheese, &amp; GF Bread</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Mixed Vegetables Zucchini &amp; Carrots Peaches Natural Frozen Fruit Bar Choice of Milk</p>
<p><b>27</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla Bologna on GF Bread w/PC Mayo &amp; Mustard Chef's Salad w/Shredded Cheddar &amp; Mozzarella Cheese Blend, Egg &amp; GF Tortilla</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Golden Corn Orange Quarters &amp; Kiwi Pineapple w/Cherry Garnish Cinnamon Applesauce Choice of Milk</p>	<p><b>28</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla Hot Turkey Ham on GF Tortilla Taco Salad w/Shredded Cheddar &amp; Mozzarella Cheese Blend w/Chili &amp; Tortilla Chips Chef Salad w/Tuna w/GF Bread or GF Tortilla</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Steamed Broccoli Carrots &amp; Jicama Pineapple w/Cherry Garnish Watermelon Choice of Milk</p>	<p><b>29</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla Turkey Frank on GF Bread Fruit Salad w/ Fresh Fruit, Yogurt, Sun Butter, &amp; GF Bread</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Baked Smiley Potatoes Tossed Salad w/Cherry Tomato Fruit Cocktail w/Cherry Garnish Banana Choice of Milk</p>	<p><b>30</b></p> <p>GF Yogurt Biteable PC Sun Butter &amp; PC Jelly w/GF Bread, &amp; String Cheese Hummus Biteable: Hummus, String Cheese, Carrots, Celery, &amp; Tortilla Chips or GF Tortilla Beef or TURKEY Taco on GF Tortilla or over Tortilla Chips Chef's Salad w/Shredded Cheddar &amp; Mozzarella Cheese Blend, &amp; GF Bread</p> <p style="text-align: center;"><b>CHOICE OF TWO</b> Baked Potato w/Salsa Lettuce, Tomato Fresh Apple Slices Peach Blueberry Crisp Choice of Milk</p>	<p style="text-align: center;">🍎🍌🥕🥦🥑🥥🥒🥔🥕🍌🍎</p> <p style="text-align: center;"><b>September Highlights</b></p> <p style="text-align: center;">🔧 National Food Safety Month 🔧</p> <p style="text-align: center;">📖 Library Card Sign-Up Month 📖</p> <p style="text-align: center;">🌿 Healthy Virginians &amp; Healthy Students Week 9/13 - 9/17 🌿</p> <p style="text-align: center;">🧼 National Clean Hands Week 9/20 - 9/26 🧼</p> <p style="text-align: center;">🥛 World Milk Day 9/29 🥛</p>