



Dec 2025						
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Jan 2026						
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Feb 2026						
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 Managers Choice

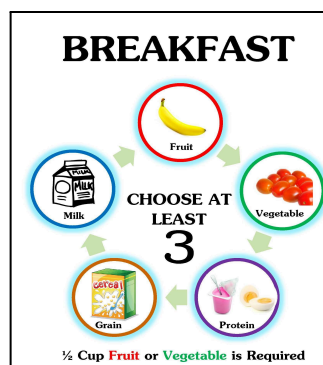
Gluten Free Breakfast

	Monday	Tuesday	Wednesday	Thursday
Week 1	GF Pancakes Peach Applesauce Juice Milk	GF Muffin Mixed Berry Cup Juice Milk	Yogurt and Granola Whole Fruit Juice Milk	GF Donuts Whole Apple Juice Milk
Week 2	GF Waffle Apple Slices Juice Milk	GF Cereal Bowl Mixed Fruit Cup Juice Milk	GF Chocolate Muffin Whole Fruit Juice Milk	GF Cereal Bar Cheese Stick Whole Apple Juice Milk
Week 3	GF Cereal Bowl Applesauce Juice Milk	GF Pancakes Pear Cup Juice Milk	Yogurt and Granola Whole Fruit Juice Milk	GF Blueberry Muffin Cheese Stick Whole Apple Juice Milk

Choice of non-fat white, non-fat chocolate milk and water offered daily.

Questions or Concerns?
Contact Eric at greeneric@saydel.net

Menus are subject to change
This institution is an equal opportunity provider



PARTNERS FOR
Breakfast
IN THE
Classroom



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 Managers Choice

Gluten Free Lunch

	Monday	Tuesday	Wednesday	Thursday
Week 1	GF Chicken Tenders Steamed Corn Grape Tomatoes Mandarin Oranges	Cheeseburger on GF Bun French Fries Celery Sticks Diced Peaches	GF Pasta w/ Marinara Broccoli Romaine Salad w/ Ranch Froot Joose Mango	GF Pizza Pork and Beans Mixed Fresh Veggies Mixed Fruit
Week 2	GF Chicken Tenders Mashed Potato w/ Gravy Grape Tomatoes Diced Peaches	Hot Dog on GF Bun Pork and Beans Baby Carrots Strawberry Cup	GF Mac and Cheese Steamed Cauliflower Broccoli Applesauce Cup	GF Pizza Wango Mango Mixed Fresh Veggies Sliced Pears
Week 3	GF Mac and Cheese Steamed Carrots Grape Tomatoes Diced Pineapple	Loaded Mashed Potato Bowl Steamed Broccoli Marinated Veggies Sliced Apples	Hot Dog on GF Bun Wango Mango Cheese & Salsa Fruit Punch Raisels	GF Pizza Green Beans Mixed Fresh Veggies Black CherryMoji

Choice of non-fat white, non-fat chocolate milk and water offered daily.

Questions or Concerns?
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The 5 Components of a School Lunch



meat/meat
alternate



grain



milk



fruit



vegetable

Offer Vs. Serve
Choose **1/2 cup fruit**,
or **1/2 cup vegetable**,
or 1/2 cup **combination**,
and **at least 2 other**
components. Choose all 5 for the best nutrition!

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 Managers Choice

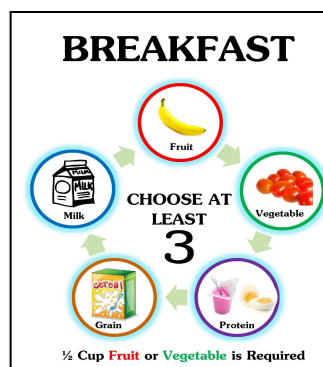
Gluten/Corn Free Breakfast

	Monday	Tuesday	Wednesday	Thursday
Week 1	GF Pancakes Peach Applesauce Juice Milk	GF Muffin Blueberry or Chocolate Muffin Mixed Berry Cup Juice Milk	GF Waffle Whole Fruit Juice Milk	Chex Cereal Bowl Peach Cup Juice Milk
Week 2	GF Pancakes Apple Slices Juice Milk	GF Muffin Blueberry or Chocolate Muffin Mixed Fruit Cup Juice Milk	GF Waffle Whole Fruit Juice Milk	Chex Cereal Bowl Strawberry Applesauce Juice Milk
Week 3	GF Pancakes Applesauce Juice Milk	GF Muffin Blueberry or Chocolate Muffin Pear Cup Juice Milk	GF Waffle Whole Fruit Juice Milk	Chex Cereal Bowl California Fruit Cup Juice Milk

Choice of non-fat white, non-fat chocolate milk and water offered daily.

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 Managers Choice

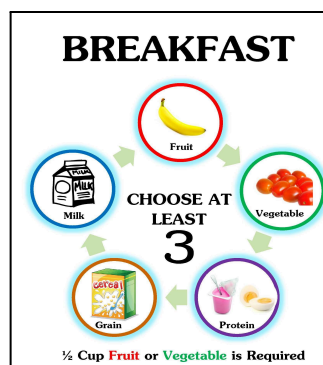
Gluten, Soy, Corn, Nut Free

	Monday	Tuesday	Wednesday	Thursday
Week 1	GF Muffin Blueberry Peach Applesauce Juice Milk	GF Chocolate Muffin Mixed Berry Cup Juice Milk	Omelet Whole Fruit Juice Milk	Chex Cereal Bowl Peach Cup Juice Milk
Week 2	GF Muffin Blueberry Apple Slices Juice Milk	GF Chocolate Muffin Mixed Fruit Cup Juice Milk	Omelet Whole Fruit Juice Milk	Chex Cereal Bowl Strawberry Applesauce Juice Milk
Week 3	GF Muffin Blueberry Applesauce Juice Milk	GF Chocolate Muffin Pear Cup Juice Milk	Omelet Whole Fruit Juice Milk	Chex Cereal Bowl California Fruit Cup Juice Milk

Choice of non-fat white, non-fat chocolate milk and water offered daily.

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 Managers Choice

Gluten Free, Corn Free, Soy Free Lunch

	Monday	Tuesday	Wednesday	Thursday
Week 1	GF Mac and Cheese (Diaya) Steamed Carrots Marinated Veggie Salad Sliced Apples	Chicken and (Diaya) Cheese Quesadilla on GF Tortilla Mixed Fresh Veggie Grape Tomatoes Pineapple	Grilled (Diaya) Cheese on GF Bread Mixed Fresh Veggies Broccoli Chilled pears	GF Pizza Cauliflower Mixed Fresh Veggies Strawberry Cup
Week 2	F Mac and Cheese (Diaya) Normandy Blend Veggies Romaine Salad w/ Italian Dressing Diced Peaches	Chicken and (Diaya) Cheese Quesadilla on GF Tortilla Mixed Fresh Vegetables Baby Carrots Apples	Grilled (Diaya) Cheese on GF Bread Mixed Fresh Veggies Lettuce and Salsa Fruit Punch Raisels	GF Pizza Mixed Fresh Veggies Watermelon Slushie
Week 3	GF Mac and Cheese (Diaya) Steamed Carrots Garden Salad w/ Italian Dressing Mandarin Oranges	Chicken and (Diaya) Cheese Quesadilla on GF Tortilla Mixed Fresh Veggies Cucumber Slices Kiwi and Strawberries	Grilled (Diaya) Cheese on GF Bread Ranchero Beans Mixed Fresh Veggies Fruit Cocktail	GF Pizza Steamed Broccoli Mixed Fresh Veggies Grapes

Alternate Entrées : Pre-packaged reimbursable variety of salads, wraps, sandwiches, PBJ Combo/ String cheese, and bento boxes are offered daily. Choice of non-fat white, non-fat chocolate milk and water offered daily. All whole grain products.

Questions or Concerns?
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The 5 Components of a School Lunch



meat/meat
alternate



grain



milk

Offer Vs. Serve

Choose **1/2 cup fruit**,
or **1/2 cup vegetable**,
or 1/2 cup **combination**,
and **at least 2 other**
components.



fruit



vegetable

Choose all 5 for the best nutrition!

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Managers Choice

PKU/ Dairy Free Breakfast

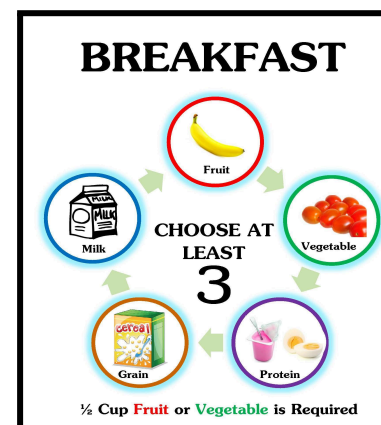
	Monday	Tuesday	Wednesday	Thursday
Week 1	Muffin or Cereal Bar Peach Applesauce Juice Almond Milk	Trix Cereal Bar Mixed Berry Cup Juice Almond Milk	Apple Frudel Whole Fruit Juice Almond Milk	Powdered Donuts Whole Apple Juice Almond Milk
Week 2	Mini Cinni Apple Slices Juice Almond Milk	Assorted Cereal Bowls Mixed Fruit Cup Juice Almond Milk	Chocolate Muffin Whole Fruit Juice Almond Milk	Strawberry Nutrigrain Bar Whole Apple Juice Almond Milk
Week 3	Assorted Cereal Bowls Applesauce Juice Almond Milk	Assorted Cereal Bar Pear Cup Juice Almond Milk	Cherry Frudel BWhole Fruit Juice Almond Milk	Blueberry Muffin Whole Apple Juice Almond Milk

All PKU/ Dairy Free meals are served with almond milk
All cheese served with PKU/ Dairy Free meals is gluten free and dairy free

Questions or Concerns?

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Managers Choice

PKU/ Dairy Free Lunch

	Monday	Tuesday	Wednesday	Thursday
Week 1	Mac and Cheese Steamed Corn Romaine Salad Mandarin Oranges	Chips, Cheese and Salsa French Fries Cucumber Slices Fresh Fruit	Pizza Munchable Fresh Veggies Grape Tomatoes Fruit Cocktail	GF Pizza Cauliflower Mixed Fresh Veggies Watermelon Slushie
Week 2	Mac and Cheese Normandy Blend Veggies Grape Tomatoes Diced Peaches	Chips, Cheese and Salsa Ranchero Beans Baby Carrots Orange Slices	Pizza Munchable Fresh Veggies Pepper Strips Strawberry Applesauce	GF Pizza Steamed Broccoli Mixed Fresh Veggies Bananas
Week 3	Mac and Cheese Steamed Corn Grape Tomatoes Diced Pineapple	Chips, Cheese and Salsa Steamed Carrots Marinated Veggies Apple Slices	Pizza Munchable Fresh Veggies Lettuce and Tomatoes Fruit Punch Raisels	GF Pizza Steamed Broccoli Mixed Fresh Veggies California Fruit Cup

All PKU/ Dairy Free meals are served with almond milk
All cheese served with PKU/ Dairy Free meals is gluten free and dairy free

Questions or Concerns?
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The 5 Components of a School Lunch



Offer Vs. Serve
Choose **1/2 cup fruit**,
or **1/2 cup vegetable**,
or 1/2 cup **combination**,
and **at least 2 other components**. Choose all 5 for the best nutrition!

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