



Aug / Sept 2025						
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Conferences

## Gluten Free Lunch

	Monday	Tuesday	Wednesday	Thursday
Week 1	GF Chicken Tenders Steamed Corn Romaine Salad Mandarin Oranges	Cheeseburger on GF Bun Mixed Veggies Cucumber Slices Fresh Fruit	GF Tortilla Chips, Cheese and Salsa Fiesta Beans Grape Tomatoes Fruit Cocktail	GF Pizza Steamed Cauliflower Mixed Fresh Veggies Watermelon Slushie
Week 2	Chicken Breast on GF Bun Normandy Blend Veggies Grape Tomatoes Diced Peaches	Chicken and Cheese Quesadilla on GF Tortilla Ranchero Beans Baby Carrots Orange Slices	GF Waffles Sausage Patty Mixed Veggies Pepper Strips Strawberry Applesauce	GF Pizza Steamed Broccoli Mixed Fresh Veggies Bananas
Week 3	GF Chicken Tenders Steamed Corn Grape Tomatoes Diced Pineapple	Grilled Cheese on GF Bread Steamed Carrots Marinated Veggie Salad Sliced Apples	GF Tortilla Chips, Taco meat and cheese Refried Beans Lettuce and Salsa Fruit Punch Raisels	GF Pizza Steamed Broccoli Mixed Fresh Veggies California Fruit Cup

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

**Questions or Concerns?**  
Contact Eric at [greeneric@saydel.net](mailto:greeneric@saydel.net)

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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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■ Conferences

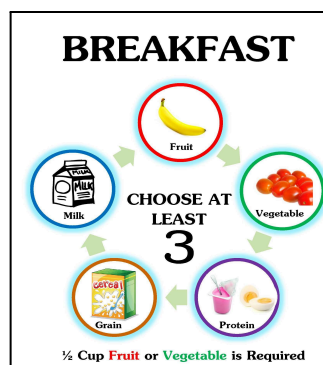
## Gluten Free Breakfast

	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?  
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PARTNERS FOR  
**Breakfast**  
IN THE  
**Classroom**



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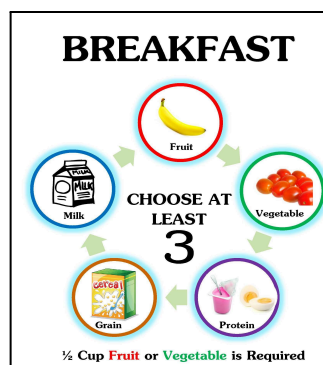
### Gluten/Corn Free Breakfast

	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.

Questions or Concerns?  
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PARTNERS FOR  
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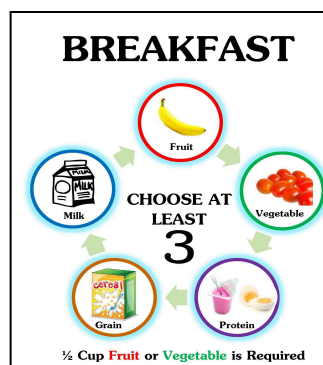
### Gluten, Soy, Corn, Nut Free Breakfast

	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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Conferences

### PKU/ Dairy Free Breakfast

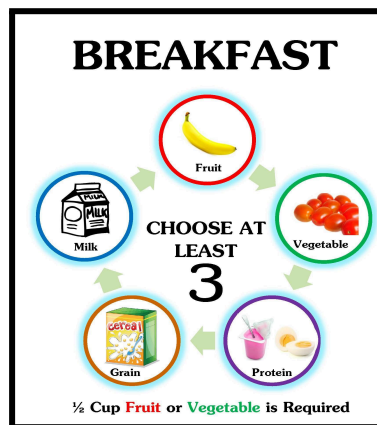
	Monday	Tuesday	Wednesday	Thursday
Week 1	Muffin or Cereal Bar Peach Applesauce Juice Almond Milk	Trix Cereal Bar Mixed Berry Cup Juice Almond Milk	Apple Frudel Whole Fruit Juice Almond Milk	Powdered Donuts Whole Apple Juice Almond Milk
Week 2	Mini Cinni Apple Slices Juice Almond Milk	Assorted Cereal 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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■ Conferences

### 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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 Conferences

### 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**



fruit



vegetable

**components. Choose all 5 for the best nutrition!**

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