



March 2024						
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April 2024						
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May 2024						
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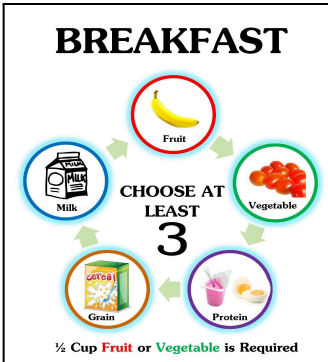
### Gluten Free Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	GF Pancakes Peach Applesauce Juice Milk	GF Cereal Bar Banana Juice Milk	Yogurt and Granola Pear Cup Juice Milk	GF Chocolate Muffin Apple Slices Juice Milk	GF Donuts California Fruit Cup Juice Milk
Week 2	GF Blueberry Muffin Cinnamon Applesauce Juice Milk	GF Cereal Bowl Apple Slices Juice Milk	GF Chocolate Muffin Banana Juice Milk	GF Cereal Bar Fruit Cup Juice Milk	GF Pancakes Cheese Stick Diced Peaches Juice Milk
Week 3	GF Waffle Strawberry Applesauce Juice Milk	GF Donuts Apple Slices Juice Milk	GF Cereal Bowl Banana Juice Milk	GF Cereal Bar Dried Cherries Juice Milk	GF Blueberry Muffin Cheese Stick Peach Cup Juice Milk

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

Questions or Concerns?  
Contact Amanda at [durflingeramanda@saydel.net](mailto:durflingeramanda@saydel.net)

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**Gluten Free Lunch**

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	GF Mac and Cheese Mashed Potatoes Baby Carrots Diced Peaches	GF Soft Shell Beef Tacos Fiesta Beans Pepper Strips Sliced Apples	GF Chicken Tenders Crinkle Fries Grape Tomatoes Fruit Slushie	Scrambled Eggs Baja Veggies Romaine Salad Diced Peaches	GF Pizza Corn Mixed Fresh Veggies Banana
Week 2	GF Mac and Cheese Steamed Broccoli Wango Mango Applesauce	Totchos (Tater Tots, Meat and Cheese) Broccoli and Carrots Fruit Cocktail	Hot Ham and Cheese of GF Bread Ranchero Beans Cucumber Slices Cinnamon Apples	Grilled Cheese on GF Bread Steamed Green Beans Romaine Salad Mandarin Oranges	GF Pizza Steamed Carrots Mixed Fresh Veggies Strawberries and Blueberries
Week 3	GF Mac and Cheese Corn Celery and Carrots Sliced Pears	GF Tortilla Chips, Taco Meat and Cheese Refried Beans Lettuce and Tomato Raisels	Cheeseburger on GF Bun Ranch Potato Wedges Baby Carrots Diced Peaces	GF Chicken Tenders Steamed Peas Romaine Salad Orange Slices	GF Pizza Potato Smiles Mixed Fresh Veggies Pineapple

Choice of low-fat white, 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

**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!

fruit

vegetable

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**PKU/ Dairy Free Breakfast**

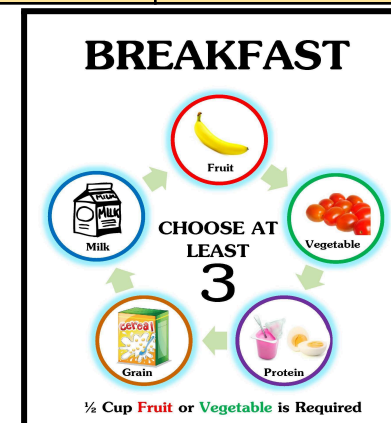
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Pumpkin Bread Peach Applesauce Juice Almond Milk	Cereal Bowl Banana Juice Almond Milk	Cereal Bar Pear Cup Juice Almond Milk	Chocolate Muffin Apple Slices Juice Almond Milk	Apple Frudel California Fruit Cup Juice Almond Milk
<b>Week 2</b>	Maple Madness Waffle Cinnamon Applesauce Juice Almond Milk	Blueberry Muffin Top Apple Slices Juice Almond Milk	Assorted Cereal Bowls Banana Juice Almond Milk	Cereal Bar Fruit Cup Juice Almond Milk	Banana Muffin Diced Peaches Juice Almond Milk
<b>Week 3</b>	Mini Blueberry Waffles Strawberry Applesauce Juice Almond Milk	Powdered Donuts Apple slices Juice Almond Milk	Assorted Cereal Bowls Banana Juice Almond Milk	Confetti Pancakes Dries Cherries Juice Almond Milk	Strawberry Nutrigrain Bar Peach Cup 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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### PKU Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Mac and Cheese Dinner Roll Mashed Potatoes Baby Carrots Diced Peaches	Chips, Cheese and Salsa Fiesta Beans Pepper Strips Sliced Apples	Pizza Munchable Crinkle Fries Grape Tomatoes Fruit Slushie	Pasta w/ Marinara Baja Veggies Romaine Salad w/ Italian Diced Peaches	GF Pizza Corn Mixed Fresh Veggies Banana
Week 2	Mac and Cheese Steamed Broccoli Wango Mango Applesauce	Chips, Cheese and Salsa Tater Tots Broccoli and Carrots Fruit Cocktail	Pizza Munchable Ranchero Beans Cucumber Slices Cinnamon Apples	Pasta w/ Marinara Garlic Toast Steamed Green Beans Romaine Salad w/ Italian Mandarin Oranges	GF Pizza Steamed Carrots Mixed Fresh Veggies Blueberries and Strawberries
Week 3	Mac and Cheese Corn Celery and Carrots Sliced Pears	Chips, Cheese and Salsa Refried Beans Lettuce and Tomato Raisels	Pizza Munchable Ranch Potato Wedges Baby Carrots Diced Peaces	Pasta w/ Marinara Steamed Peas Romaine Saladw/ Italian Orange Slices	GF Pizza Potato Smiles Mixed Fresh Veggies Pineapple

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

#### 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. Choose all 5 for the best nutrition!

fruit

vegetable

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### Dairy Free Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Chicken Drumstick Dinner Roll Mashed Potatoes Baby Carrots Diced Peaches	Crispitos Fiesta Beans Pepper Strips Sliced Apples	Chicken Patty on WG Bun Crinkle Fries Grape Tomatoes Fruit Slushie	Pasta w/ Marinara WG Cinnamon Roll Baja Veggies Romaine Salad w/ Italian Diced Peaches	GF/ DF Pizza Corn Mixed Fresh Veggies Banana
Week 2	Chicken and a Biscuit Steamed Broccoli Wango Mango Applesauce	Totchos Dinner Roll Broccoli and Carrots Fruit Cocktail	Hot Ham and Cheese (GF/DF) Sandwich Ranchero Beans Cucumber Slices Cinnamon Apples	Pasta w/ Marinara Steamed Green Beans Romaine Salad w/ Italian Mandarin Oranges	GF/ DF Pizza Steamed Carrots Mixed Fresh Veggies Blueberries and Strawberries
Week 3	Popcorn Chicken Corn Celery and Carrots Sliced Pears	Walking Taco Refried Beans Lettuce and Tomato Raisels	Hamburger on WG Bun Ranch Potato Wedges Baby Carrots Diced Peaces	Pasta w/ Marinara Steamed Peas Romaine Salad w/ Italian Orange Slices	GF/ DF Pizza Potato Smiles Mixed Fresh Veggies Pineapple

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

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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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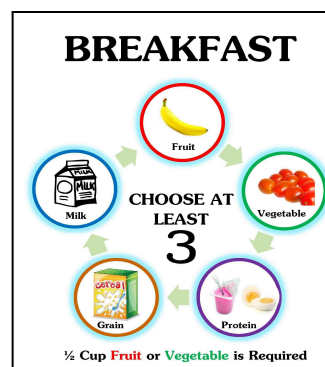
**Gluten/Soy/Corn/ Nut Free Breakfast**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	GF Muffin Blueberry Peach Applesauce Juice Milk	GF Chocolate Muffin Banana Juice Milk	Omelet Pear Cup Juice Milk	Chex Cereal Bowl Apple Slices Juice Milk	GF Cereal Bar California Fruit Cup Juice Milk
<b>Week 2</b>	GF Muffin Blueberry Cinnamon Applesauce Juice Milk	GF Chocolate Muffin Apple Slices Juice Milk	Omelet Banana Juice Milk	Chex Cereal Bowl Fruit Cup Juice Milk	GF Cereal Bar Cheese Stick Diced Peaches Juice Milk
<b>Week 3</b>	GF Muffin Blueberry Strawberry Applesauce Juice Milk	GF Chocolate Muffin Apple Slices Juice Milk	Omelet Banana Juice Milk	Chex Cereal Bowl Dried Cherries Juice Milk	GF Cereal Bar Cheese Stick Peach Cup Juice Milk

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

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**Gluten, Corn, Soy, Nut Free Lunch**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	GF Mac and Cheese (Diaya) Mashed Potatoes Baby Carrots Diced Peaches	Chicken and (Diaya) Cheese Quesadilla on GF Tortilla Pepper Strips Sliced Apples	Grilled (Diaya) Cheese on GF Bread Crinkle Fries Grape Tomatoes Fruit Slushie	Scrambled Eggs Romaine Salad w/ Italian Dressing Mixed Fresh Veggies Diced Peaches	GF Pizza Corn Mixed Fresh Veggies Banana
<b>Week 2</b>	GF Mac and Cheese (Diaya) Steamed Broccoli Wango Mango Applesauce	Chicken and (Diaya) Cheese Quesadilla on GF Tortilla Mixed Fresh Veggies Broccoli and Carrots Fruit Cocktail	Grilled (Diaya) Cheese on GF Bread Cucumber Slices Cinnamon Apples	Turkey Stick Cheese Cubes Steamed Green Beans Romaine Salad w/ Italian Dressing Mandarin Oranges	GF Pizza Steamed Carrots Mixed Fresh Veggies Blueberries and Strawberries
<b>Week 3</b>	GF Mac and Cheese (Diaya) Celery and Carrots Sliced Pears	Chicken and (Diaya) Cheese Quesadilla on GF Tortilla Mixed Fresh Veggies Lettuce and Tomato Raisels	Grilled (Diaya) Cheese on GF Bread Baby Carrots Diced Peaces	Turkey Stick Cheese Cubes Steamed Peas Romaine Salad w/ Italian Dressing Orange Slices	GF Pizza Potato Smiles Mixed Fresh Veggies Pineapple

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

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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. Choose all 5 for the best nutrition!

fruit

vegetable

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