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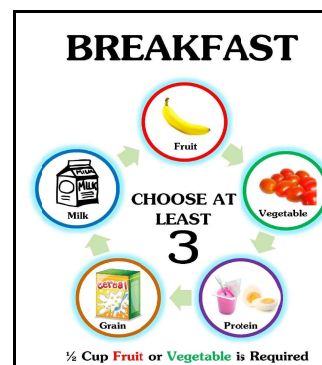
Gluten Free Breakfast

	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



Mar 2025						
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Gluten Free Lunch

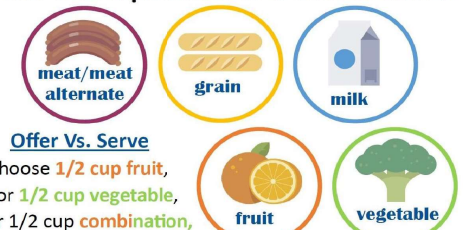
	Monday	Tuesday	Wednesday	Thursday
Week 1	GF Chicken Tenders Steamed Corn Romaine Salad Mandarin Oranges	Cheeseburger on GF Bun Mixed Veggies Celery and Carrots Diced Peaches	GF Pasta w/ Marinara Steamed Cauliflower Garden Salad Froot Joose Mango	GF Pizza Fiesta Beans Mixed Fresh Veggies Fruit Cocktail
Week 2	GF Chicken Chunks Mashed Potato w/ Gravy Grape Tomatoes Diced Peaches	Hot Dog on GF Bun Ranchero Beans Baby Carrots Strawberry Cup	GF Mac and Cheese Baja Veggies Pepper Strips Chilled Sliced Apples	GF Pizza Steamed Corn Mixed Fresh Veggies Sliced Pears
Week 3	GF Corn Dog Potato Roundabouts Grape Tomatoes Diced Pineapple	Loaded Mashed Potato Bowl Steamed Broccoli Marinated Veggies Sliced Apples	GF Tortillas w/ Taco Meat Refried Beans Lettuce, 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



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
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.

Questions or Concerns?
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PARTNERS FOR
Breakfast
IN THE
Classroom



Mar 2025						
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Gluten, Corn, Soy & Nut Free Lunch

	Monday	Tuesday	Wednesday	Thursday
Week 1	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	GF Pizza Corn Mixed Fresh Veggies Banana
Week 2	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	GF Pizza Steamed Carrots Mixed Fresh Veggies Blueberries and Strawberries
Week 3	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 Peaches	GF Pizza Potato Smiles Mixed Fresh Veggies Pineapple

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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PKU/ Dairy Free Breakfast

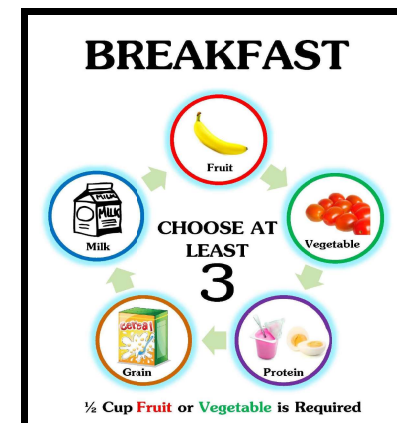
	Monday	Tuesday	Wednesday	Thursday
Week 1	Muffin or Cereal Bar Peach Applesauce Juice Almond Milk	Trix Cereal Bar Mixed Berry Cup Juice Almond Milk	Apple Frudel Whole Fruit Juice Almond Milk	Powdered Donuts Whole Apple Juice Almond Milk
Week 2	Mini Cinni Apple Slices Juice Almond Milk	Assorted Cereal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

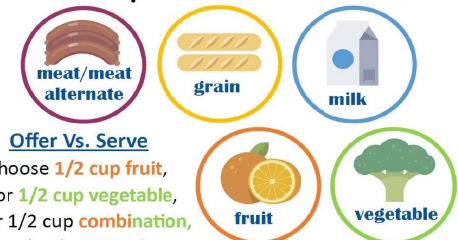
	Monday	Tuesday	Wednesday	Thursday
Week 1	Mac and Cheese Steamed Corn Romaine Salad Mandarin Oranges	Chips, Cheese and Salsa French Fries Cucumber Slices Fresh Fruit	Pizza Munchable Fresh Veggies Grape Tomatoes Fruit Cocktail	GF Pizza Cauliflower Mixed Fresh Veggies Watermelon Slushie
Week 2	Mac and Cheese 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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Dairy Free Lunch

	Monday	Tuesday	Wednesday	Thursday
Week 1	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	Chips, Cheese and Salsa Corn Celery and Carrots Mixed Berry Cup	Pizza Munchable Baked Beans Coleslaw Cinnamon Apples	Pasta w/ Marinara Fried Rice Green Beans Cucumber Slices Pineapple	GF Pizza Steamed Carrots Mixed Fresh Veggies Whole Apple
Week 3	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

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.

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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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