



January. Gluten Free. Menu. District 204



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 No School Winter Break	3 No School Winter Break	4 No School Winter Break	5 No School Winter Break
8 Grilled Chicken (GF rice) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	9 Cheese Nachos (corn tortilla chips) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	10 4 Star Mac & Cheese (GF Pasta) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	11 Pasta Mia Marinara (GF Pasta) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	12 Ham & Cheese Melt (GF Bread) Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk
15 No School Martin Luther King Day	16 No School School Improvement Day	17 Roasted Baked Potato w. Cheese (GF Brazilian Cheese Roll) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	18 Chicken Teriyaki (GF rice) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	19 Grilled Cheese (GF Bread) Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk
22 Chicken Quesadilla (corn tortilla) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	23 Grilled Cheese (GF Bread) Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	24 Pasta Mia Marinara (GF Pasta) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	25 Beef Nachos (corn tortilla chips) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	26 Turkey & Cheese (GF Bread) Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk
29 Grilled Chicken (GF rice) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	30 Cheese Quesadilla (corn tortilla) Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	31 Beefy Mac & Cheese (GF Pasta) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk		

To place an order, contact Judy_Burns@ipsd.org

Please place your orders 5 days in advance

Each meal includes fruit, vegetable, and milk

A note from the physician is required. Please submit it to the school nurse.



Meals include rBST-free skim or 1% milk

In accordance with Federal law and United States Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, and disability.

It's time to get your GREEN on!

questions? comments? brilliant ideas? we want to hear from you.