



OCT 2018. Gluten-Free. Menu. District 204



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheese Nachos (Corn Tortilla Chips) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	2 Veggie Quesadilla (Corn Tortilla) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	3 Grab Bag Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	4 Mac & Cheese (GF Pasta) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	5 Turkey & Cheese Sandwich (GF Bread) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk
8 No School	9 Pasta w. Meat Sauce (GF Pasta) Just Picked Fresh Fruit Ice Cold Milk Pint	10 Grab Bag Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	11 Grilled Cheese Please! (GF Bread) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	12 Grilled Chicken (GF Rice) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk
15 Cheese Nachos (Corn Tortilla Chips) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	16 Hamburger (GF Bun) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	17 Grab Bag Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	18 Hard Shell Tacos (Corn Tortilla Shells) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	19 Sun Butter & Jelly Sandwich (GF Bread) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk
22 Pasta w. Marinara (GF Pasta) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	23 Cheese Quesadilla (Corn Tortilla) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	24 Grab Bag Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	25 Roasted Baked Potato (GF Italian Roll) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	26 Ham & Cheese Sandwich (GF Bread) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk
29 Grilled Cheese Please! (GF Bread) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	30 Nachos w. Meat (Corn Tortilla Chips) Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	31 Grab Bag 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.

****Grab Bag** Wednesdays!**
Yogurt Cup,
Mozzarella String Cheese,
GF Italian Roll,
Fruit, Veg, & Milk

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.