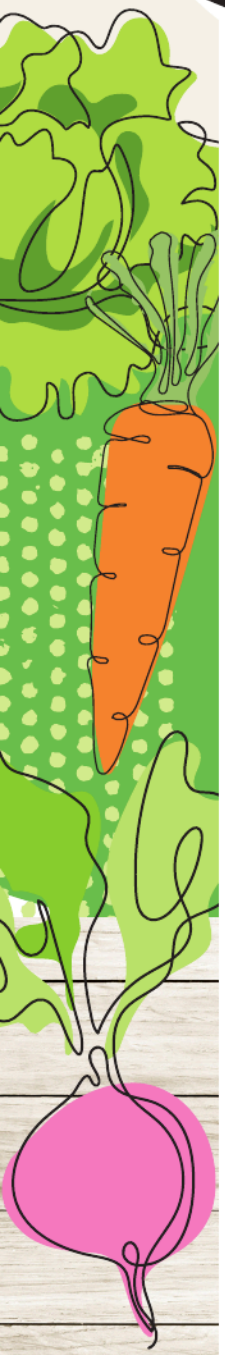
Home Grown SPRINGFIELD

WEEKLY LUNCH

GLUTEN FREE LUNCH

Week of October 5-9, 2026



MONDAY 10/5	**GF Cheeseburger On a Bun w/Fresh Lettuce & Tomato** Sides: Mashed Butternut | Chilled Corn
TUESDAY 10/6	**GF Breaded Chicken Tenders** Sides: Stewed Black Beans | Grape Tomatoes
WEDNESDAY 10/7	**Breakfast for Lunch: GF Waffle with Sunbutter** Sides: Tater Tots | Celery Sticks
THURSDAY 10/8	**Plant-based Taco Salad w/Seasoned Rice** Sides: Steamed Carrots | Cucumber Salad
FRIDAY 10/9	**GF Pizza Bagel** Sides: Steamed Broccoli | Grape Tomatoes

Available Daily: Vegan Mediterranean Salad (No Croutons) with GF Roll | Garden Salad (No Croutons) with GF Roll | Turkey & Cheese Sandwich on GF Bread | Sunbutter & Jelly Sandwich on GF Bread | Cheese Sandwich on GF Bread | Assorted Fresh Fruit | Fat Free Chocolate, 1% White, Fat Free White Milk

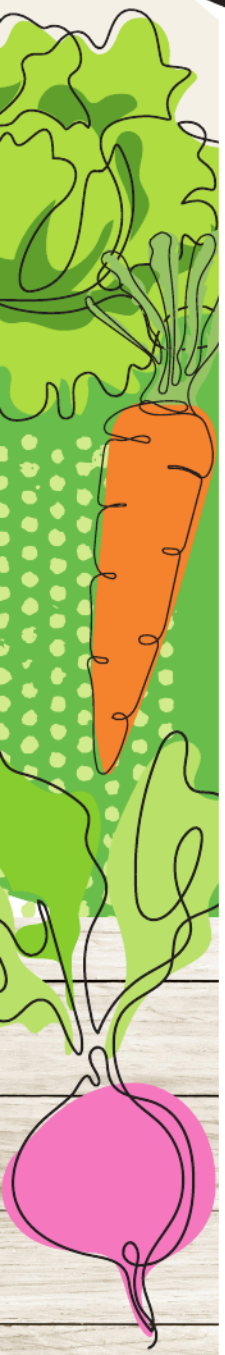
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WEEKLY LUNCH

GLUTEN FREE LUNCH

Week of October 12-16, 2026



MONDAY 10/12	**NO SCHOOL**
TUESDAY 10/13	**GF Bean & Cheese Nachos** Sides: Three Sisters | Chilled Corn
WEDNESDAY 10/14	**GF Pasta, Marinara, Mozzarella Cheese** Sides: Roasted Broccoli | Carrot Sticks
THURSDAY 10/15	**Seasoned Chicken Thighs w/Rice Pilaf** Sides: Seasoned Green Beans | Black Bean Salad
FRIDAY 10/16	**GF Pizza Bagel** Sides: Roasted Local Root Vegetables | Grape Tomatoes

Available Daily: GF Kale & Apple Salad (No Granola) with GF Roll | Hummus Bento Box with GF Roll | Turkey Ham & Cheese Sandwich on GF Bread | Sunbutter & Jelly Sandwich on GF Bread | Cheese Sandwich on GF Bread | Assorted Fresh Fruit | Fat Free Chocolate, 1% White, Fat Free White Milk

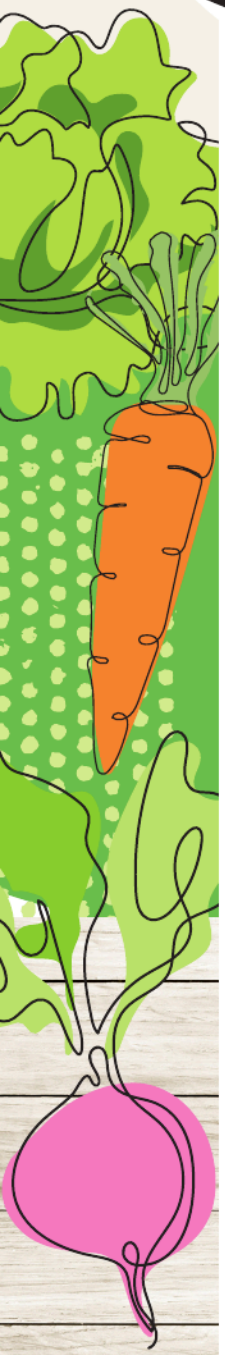
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WEEKLY LUNCH

GLUTEN FREE LUNCH

Week of October 19-23, 2026



MONDAY 10/19	**GF Cheeseburger On a Bun w/Fresh Lettuce & Tomato** Sides: French Fries | Black Bean Salad
TUESDAY 10/20	**AF BBQ Chicken w/Rice** Sides: Mashed Sweet Potatoes | Chilled Corn
WEDNESDAY 10/21	**GF Mac & Cheese** Sides: Roasted Broccoli | Grape Tomatoes
THURSDAY 10/22	**AF Salsa Chicken w/Rice** Sides: Steamed Carrots | Celery Sticks
FRIDAY 10/23	**GF Pizza Bagel** Sides: Side Caesar Salad | Cucumber Salad

Available Daily: Chicken Caesar Salad (No Croutons) with GF Roll | Garden Salad (No Croutons) with GF Roll | Turkey & Cheese Sandwich on GF Bread | Sunbutter & Jelly Sandwich on GF Bread | Cheese Sandwich on GF Bread | Assorted Fresh Fruit | Fat Free Chocolate, 1% White, Fat Free White Milk

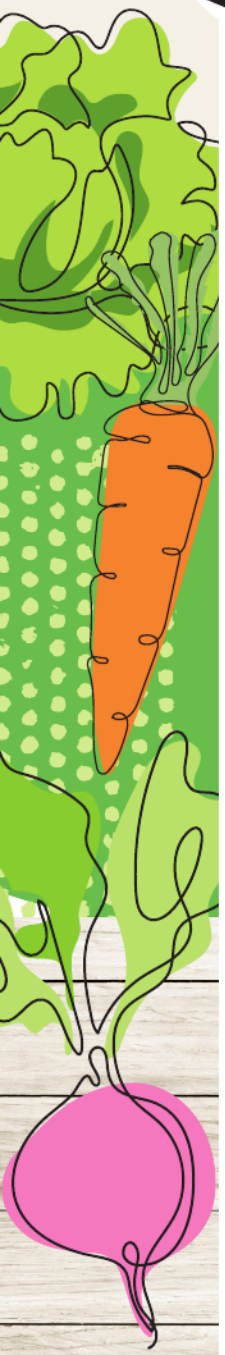
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SPRINGFIELD

WEEKLY LUNCH

GLUTEN FREE LUNCH

Week of October 26-30, 2026



MONDAY 10/26	**Hot Dog on a GF Bun** Sides: Steamed Carrots | Grape Tomatoes
TUESDAY 10/27	**GF Bean & Cheese Nachos** Sides: Steamed Corn | Black Bean Salad
WEDNESDAY 10/28	**GF Pasta w/Plant- based Bolognese** Sides: Roasted Broccoli | Carrot Sticks
THURSDAY 10/29	**GF Cheddar Chicken Bowl** Sides: Local Mashed Potatoes | Chilled Corn
FRIDAY 10/30	**GF Pizza Bagel** Sides: Seasoned Green Beans | Cucumber Salad

Available Daily: Chicken Cobb Salad with GF Roll | Hummus Bento Box with GF Roll | Turkey Ham & Cheese Sandwich on GF Bread | Sunbutter & Jelly Sandwich on GF Bread | Cheese Sandwich on GF Bread | Assorted Fresh Fruit | Fat Free Chocolate, 1% White, Fat Free White Milk

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