### Springfield Gluten Free Lunch

### Week of August 25- 29

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| GF Breaded Chicken Tenders on GF Roll | AF Turkey Roll-Up | AF pasta with Meat sauce | GF Cheddar Chicken Bowl | Cheese Pizza  on GF Crust |
| Chicken Caesar Salad (No Croutons) 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 | | | | |
| Vegetarian Baked Beans  Celery Sticks | Steamed Broccoli  Grape Tomatoes | Seasoned Green Beans  Carrot Sticks | CNC Mashed Potatoes  Chilled Corn | Steamed Broccoli  Carrot Sticks |
| Available Daily:  Assorted Fresh Fruit  Fat Free Chocolate, 1% White or Fat Free White Milk | | | | |

### Week of September 1-5

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **NO**  **SCHOOL** | GF Cheeseburger  On a Bun w/Fresh Lettuce & Tomato | GF Bean & Cheese Nachos | Breakfast for Lunch:  GF Waffle with Sunbutter & Mixed  Berry Sauce | Cheese Pizza  on GF Crust |
| Buffalo Chicken 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 | | | | |
|  | Sweet Potato Fries  Grape Tomatoes | Black Bean Salad  Chilled Corn | Tater Tots  Celery Sticks | Roasted Broccoli  Carrot Sticks |
| Available Daily:  Assorted Fresh Fruit  Fat Free Chocolate, 1% White or Fat Free White Milk | | | | |

This institution is an equal opportunity provider.

### Week of September 8-12

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| GF Breaded Chicken Tenders on GF Roll | **NO**  **SCHOOL** | GF Mac & Cheese | GF Creamy Penne Alfredo | Cheese Pizza  on GF Crust |
| Garden Salad (No Croutons) 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 | | | | |
| French Fries  Celery Sticks |  | Roasted Broccoli  Grape Tomatoes | Black Bean Salad  Carrot Sticks | Roasted Local Veg  Celery Sticks |
| Available Daily:  Assorted Fresh Fruit  Fat Free Chocolate, 1% White or Fat Free White Milk | | | | |

### Week of September 15-19

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Hot Dog on a GF Bun | GF Bean & Cheese Nachos | GF Pasta, Marinara, Mozzarella Cheese | Breakfast for Lunch:  GF Waffle with Sunbutter & Mixed  Berry Sauce | Cheese Pizza  on GF Crust |
| GF Chef Salad (No Croutons) with GF Roll  Garden Salad (No Croutons) with GF Roll  Turkey & Cheese Sandwith on GF Bread  Sunbutter & Jelly Sandwich on GF Bread  Cheese Sandwich on GF Bread | | | | |
| Vegetarian Baked Beans  Celery Sticks | Black Bean Salad  Cucumber Salad | Steamed Broccoli  Carrot Sticks | CNC Mashed  Sweet Potato  Chilled Corn | Sweet Potato Fries  Cucumber Salad |
| Available Daily:  Assorted Fresh Fruit  Fat Free Chocolate, 1% White or Fat Free White Milk | | | | |

### Week of September 22-26

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| GF Breaded Chicken Tenders on GF Roll | GF Pasta with  Plant-based Bolognese | AF pasta with Meat sauce | GF Cheddar Chicken Bowl | Cheese Pizza  on GF Crust |
| Chicken Caesar Salad (No Croutons) 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 | | | | |
| Vegetarian Baked Beans  Celery Sticks | Roasted Broccoli  Grape Tomatoes | Seasoned Green Beans  Carrot Sticks | CNC Mashed Potatoes  Chilled Corn | Steamed Broccoli  Cucumber Salad |
| Available Daily:  Assorted Fresh Fruit  Fat Free Chocolate, 1% White or Fat Free White Milk | | | | |

### Week of September 29- October 3

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| GF Cheeseburger on a Bun | GF Bean & Cheese Nachos | Breakfast for Lunch:  GF Waffle with Sunbutter & Mixed  Berry Sauce | Sazon Roasted Turkey w/Seasoned Rice | Cheese Pizza  on GF Crust |
| Buffalo Chicken 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 | | | | |
| Sweet Potato Fries  Grape Tomatoes | Black Bean Salad  Chilled Corn | Tater Tots  Celery Sticks | Black Bean Salad  Chilled Corn | Roasted Broccoli  Carrot Sticks |
| Available Daily:  Assorted Fresh Fruit  Fat Free Chocolate, 1% White or Fat Free White Milk | | | | |