### Springfield Gluten Free Lunch

### Week of August 25- 29

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| 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 Pizzaon GF Crust |
| Chicken Caesar Salad (No Croutons) with GF RollHummus Bento Box with GF RollTurkey Ham & Cheese Sandwich on GF BreadSunbutter & Jelly Sandwich on GF BreadCheese Sandwich on GF Bread |
| Vegetarian Baked BeansCelery Sticks | Steamed BroccoliGrape Tomatoes | Seasoned Green BeansCarrot Sticks | CNC Mashed PotatoesChilled Corn | Steamed BroccoliCarrot Sticks |
| Available Daily: Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk |

### Week of September 1-5

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| 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 Pizzaon GF Crust |
| Buffalo Chicken Salad (No Croutons) with GF RollGarden Salad (No Croutons) with GF RollTurkey & Cheese Sandwich on GF BreadSunbutter & Jelly Sandwich on GF BreadCheese Sandwich on GF Bread |
|  | Sweet Potato FriesGrape Tomatoes | Black Bean SaladChilled Corn  | Tater TotsCelery Sticks | Roasted BroccoliCarrot 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

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| GF Breaded Chicken Tenders on GF Roll | **NO****SCHOOL** | GF Mac & Cheese | GF Creamy Penne Alfredo  | Cheese Pizzaon GF Crust |
| Garden Salad (No Croutons) with GF RollHummus Bento Box with GF RollTurkey Ham & Cheese Sandwich on GF BreadSunbutter & Jelly Sandwich on GF BreadCheese Sandwich on GF Bread |
| French FriesCelery Sticks |  | Roasted BroccoliGrape Tomatoes | Black Bean SaladCarrot Sticks  | Roasted Local VegCelery Sticks |
| Available Daily: Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk |

### Week of September 15-19

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| 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 Pizzaon GF Crust |
| GF Chef Salad (No Croutons) with GF RollGarden Salad (No Croutons) with GF RollTurkey & Cheese Sandwith on GF BreadSunbutter & Jelly Sandwich on GF BreadCheese Sandwich on GF Bread |
| Vegetarian Baked BeansCelery Sticks | Black Bean SaladCucumber Salad | Steamed Broccoli Carrot Sticks | CNC Mashed Sweet PotatoChilled Corn | Sweet Potato FriesCucumber Salad |
| Available Daily: Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk |

### Week of September 22-26

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| 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 Pizzaon GF Crust |
| Chicken Caesar Salad (No Croutons) with GF RollHummus Bento Box with GF RollTurkey Ham & Cheese Sandwich on GF BreadSunbutter & Jelly Sandwich on GF BreadCheese Sandwich on GF Bread |
| Vegetarian Baked BeansCelery Sticks | Roasted BroccoliGrape Tomatoes | Seasoned Green BeansCarrot Sticks | CNC Mashed PotatoesChilled Corn | Steamed BroccoliCucumber Salad |
| Available Daily: Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk |

### Week of September 29- October 3

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| 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 Pizzaon GF Crust |
| Buffalo Chicken Salad (No Croutons) with GF RollGarden Salad (No Croutons) with GF RollTurkey & Cheese Sandwich on GF BreadSunbutter & Jelly Sandwich on GF BreadCheese Sandwich on GF Bread |
| Sweet Potato FriesGrape Tomatoes | Black Bean SaladChilled Corn  | Tater TotsCelery Sticks | Black Bean SaladChilled Corn | Roasted BroccoliCarrot Sticks |
| Available Daily: Assorted Fresh Fruit Fat Free Chocolate, 1% White or Fat Free White Milk |