

# Middle Gluten Free Menu for Parents

All Dressings are gluten free

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Corresponds to dark Green Wk	<b>Hot Dog on GF Bun</b> Chef Salad: Cheese Yogurt & Fruit Parfait w/Cheetos  Broccoli Tossed Salad Fresh Veggies w/Dip Fruit Juice Milk	<b>Ham &amp; Cheese Wrap</b> / <b>Corn Tortilla</b> Chef Salad: Cheese Yogurt & Fruit Parfait w/Cheetos  Vegetable Medley Tossed Salad Fresh Veggies w/Dip Fruit Juice Milk	<b>Chicken Filet on GF Bun</b> Chef Salad: Turkey & Cheese Yogurt & Fruit Parfait w/Cheetos  Seasoned Potato Half Tossed Salad Baby Carrots Fruit Juice Milk	<b>Hamburger on GF Bun</b> Chef Salad: Cheese Yogurt & Fruit Parfait w/Cheetos  Spiced Apples Tossed Salad Fresh Veggies w/Dip Fruit Juice Milk	<b>Grilled Cheese Sandwich</b> Chef Salad: Grilled Chicken Yogurt & Fruit Parfait w/Cheetos  Tossed Salad Baby Carrots Fruit Juice Milk
Corresponds to med Green Wk	<b>Chicken nuggets</b> w/Cheetos Chef Salad: Cheese Yogurt & Fruit Parfait w/Cheetos  Baked Beans Tossed Salad Fresh Veggies w/Dip Fruit Juice Milk	<b>Soft Taco on Corn Tortilla</b> Chef Salad: Cheese Yogurt & Fruit Parfait w/Cheetos  Corn Tossed Salad Baby Carrots Fruit Juice Milk	<b>Chicken Filet on GF Bun</b> Chef Salad: Turkey & Cheese Yogurt & Fruit Parfait w/Cheetos  Steamed Carrots Tossed Salad Fresh Veggies w/Dip Fruit Juice Milk	<b>Hamburger on GF Bun</b> Chef Salad: Cheese Yogurt & Fruit Parfait w/Cheetos  Broccoli Tossed Salad Fresh Veggies w/Dip Fruit Juice Milk	<b>Hot Dog) on GF Bun</b> Chef Salad: Grilled Chicken Yogurt & Fruit Parfait w/Cheetos tos  Succotash Tossed Salad Baby Carrots Fruit Juice Milk
Corresponds to Light Green Wk	<b>Chicken nuggets</b> w/Cheetos Chef Salad: Cheese Yogurt & Fruit Parfait w/Cheetos  Mashed Potatoes (no gravy) Tossed Salad Baby Carrots Fruit Juice Milk	<b>Turkey &amp; Cheese Wrap</b> / <b>Corn Tortilla</b> Chef Salad: Cheese Yogurt & Fruit Parfait w/Cheetos  Hot Vegetables Tossed Salad Fresh Veggies w/Dip Fruit Juice Milk	<b>Chicken Filet on GF Bun</b> Chef Salad: Turkey & Cheese Yogurt & Fruit Parfait w/Cheetos  Green Beans Tossed Salad Fresh Veggies w/Dip Fruit Juice Milk	<b>Grilled Cheese Sandwich</b> Chef Salad: Cheese Yogurt & Fruit Parfait w/Cheetos  Vegetable Soup (do not Use Beef base) Baby Carrots Tossed Salad Fruit Juice Milk	Nachos w/chili & Cheese Chef Salad: Grilled Chicken Yogurt & Fruit Parfait w/Cheetos  Mixed Vegetable Tossed Salad Baby Carrots Fruit Juice Milk

Please note that the color at the beginning of the week corresponds to the color week that is on the annual menu (given to you at the beginning of the year). This explains what to do if you believe you have been treated unfairly. "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."