Lincoln Public Schools
K - 5 Gluten Free Lunch Menu
August 2013

Gluten Free Menu

Highlighted items contain gluten
Gluten free meals available with a signed doctors note.
All dressings are gluten free.

Monday	Tuesday	Wednesday	Thursday	Friday
SOUTHWEST CHICKEN SALAD	HAWAIIAN TURKEY HAM SALAD	MANDARIN ORANGE CHICKEN SALAD	CHICKEN RANCH SALAD	CHEF SALAD
AUGUST 12	AUGUST 13	AUGUST 14	AUGUST 15	AUGUST 16
	CHEESE PIZZA ON A WHOLE WHEAT CRUST- Offer gluten free pizza- 302789 BREADED CHICKEN SANDWICH ON WHOLE GRAIN BUN Green Beans Spinach & Lettuce Salad Apple Wedges Mixed Fruit Low-Fat Milk	WHOLE GRAIN CORN PUPPIES BEEF & CHEESE TACO SNACK Savory Carrots Spinach & Lettuce Salad Watermelon Peaches Low-Fat Milk	CHICKEN NUGGETS- sub savory chicken nuggets- get from central kitchen WITH WHOLE WHEAT ROLL COUNTRY BEEF SANDWICH ON WHOLE GRAIN BUN French Fries Spinach & Lettuce Salad Plum Pineapple Tidbits Low-Fat Milk	HAMBURGER ON WHOLE GRAIN BUN- offer on gluten free bun TURKEY HOT DOG ON WHOLE GRAIN BUN- no bun, offer scoops or tortilla chips Baked Beans Spinach & Lettuce Salad Orange Wedges Applesauce Low-Fat Milk
AUGUST 19	AUGUST 20	AUGUST 21	AUGUST 22	AUGUST 23
FRENCH TOAST STICKS SUB gluten free waffles WITH SAUSAGE LINKS+ TURKEY BURGER ON WHOLE GRAIN BUN Hash Browns Spinach & Lettuce Salad Sweet Cherries Diced Pears Low-Fat Milk	WHOLE GRAIN SOFT SHELL TACO- sub corn shell WHOLE GRAIN CHICKEN POT PIE QUESADILLA Refried Beans Shredded Lettuce & Tomato Grapes Mixed Fruit Low-Fat Milk	OVEN ROASTED CHICKEN SALISBURY STEAK Whipped Potatoes & Gravy Spinach & Lettuce Salad Cantaloupe Cubes Peaches Whole Wheat Roll Low-Fat Milk	WHOLE GRAIN MAC & CHEESE- sub gluten free pasta MEXI PIZZA ON WHOLE WHEAT CRUST Baby Carrots & Dip Spinach & Lettuce Salad Fresh Pear Pineapple Tidbits Low-Fat Milk	CHICKEN FINGERS WITH WHOLE GRAIN BISCUIT HAMBURGER ON WHOLE GRAIN BUN- offer on gluten free bun Corn Spinach & Lettuce Salad Fruit Applesauce Low-Fat Milk
AUGUST 26	AUGUST 27	AUGUST 28	AUGUST 29	AUGUST 30
Gluten free cheese pizza- 302789 CHEESE STUFFED WHOLE GRAIN BREADSTICK BEEF & CHEESE TACO SNACK Sweet Peas Spinach & Lettuce Salad Sweet Cherries Diced Pears Low-Fat Milk	SLOPPY JOE ON A WHOLE GRAIN BUN- offer on a gluten free bun ORANGE CHICKEN ON BROWN RICE Broccoli & Cauliflower with Dip Spinach & Lettuce Salad Watermelon Mixed Fruit Low-Fat Milk	PEPPERONI PIZZA+ ON WHOLE WHEAT CRUST TURKEY & CHEESE SUB- offer on gluten free bread Green Beans Shredded Lettuce & Tomato Cantaloupe Cubes Peaches Low-Fat Milk	SPAGHETTI & MEAT SAUCE – sub with rice pasta WHOLE WHEAT GARLIC BREAD BREADED PORK+ SANDWICH ON WHOLE GRAIN BUN Baby Carrots with Dip Spinach & Lettuce Salad Plum Pineapple Tidbits Low-Fat Milk	CORN PUPPIES TOASTED TURKEY HAM & CHEESE SANDWICH ON WHOLE GRAIN BREAD- offer gluten free bread Baked Beans Spinach & Lettuce Salad Fruit Applesauce Low-Fat Milk

Menu subject to change without notice. Menus also located at www.lps.org +Contains Pork The USDA is an equal opportunity provider & employer. Last Update : 4/29/2013 *The nutrition information provided above is from nutrition product information provided by manufacturers of foods served at LPS as of 08/13 as well as information from Handbook 8 and the USDA nutrient data base. Lincoln Public Schools, Nutrition Services Department is not responsible for nutritional inaccuracies listed on this menu..

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