



# GLUTEN FREE MUSTANG PACKS

## For Remote Learning Days

November  
2020

To order go to DCG Website - Mustang Packs.  
Don't forget to order meals by deadline!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> 100% p/u for Week</p> <p><b>BREAKFAST</b> GF Granola Bar or GF Muffin Fruit (1/2c) Milk (1c)</p> <p><b>LUNCH</b> GF Hot Dog Vegetable (1/4c) Fresh Apple Milk (1c)</p>	<p><b>3</b></p> <p><b>BREAKFAST</b> GF Cereal 100% Fruit Juice (1/2c) Milk (1c)</p> <p><b>LUNCH</b> GF Chicken Tenders Vegetable (1/4c) Orange Milk (1c)</p>	<p><b>4</b></p> <p><b>BREAKFAST</b> GF Cheese Omelet Fruit (1/2c) Milk (1c)</p> <p><b>LUNCH</b> Deli Sandwich on GF Bread Vegetable (1/4c) Fresh Apple Milk (1c)</p>	<p><b>5</b></p> <p><b>BREAKFAST</b> GF Pancakes &amp; GF Sausage 100% Fruit Juice (1/2c) Milk (1c)</p> <p><b>LUNCH</b> GF Nacho Munchable Vegetable (1/4c) Orange Milk (1c)</p>	<p><b>6</b> NO SCHOOL</p> <p>National Nachos Day!</p>
<p><b>9</b> 100% p/u for Week</p> <p><b>BREAKFAST</b> GF Granola Bar or GF Muffin Fruit (1/2c) Milk (1c)</p> <p><b>LUNCH</b> Deli Sandwich on GF Bread Vegetable (1/4c) Fresh Apple Milk (1c)</p>	<p><b>10</b></p> <p><b>BREAKFAST</b> GF Cereal 100% Fruit Juice (1/2c) Milk (1c)</p> <p><b>LUNCH</b> Yogurt / GF Bagel Pack Vegetable (1/4c) Orange Milk (1c)</p>	<p><b>11</b></p> <p><b>BREAKFAST</b> GF Sausage English Muffin Fruit (1/2c) Milk (1c)</p> <p><b>LUNCH</b> GF Hamburger Vegetable (1/4c) Fresh Apple Milk (1c)</p>	<p><b>12</b></p> <p><b>BREAKFAST</b> GF Pancakes 100% Fruit Juice (1/2c) Milk (1c)</p> <p><b>LUNCH</b> Chicken Breast &amp; GF Pasta Vegetable (1/4c) Fruit Cup (1/2c) Milk (1c)</p>	<p><b>13</b></p> <p><b>BREAKFAST</b> GF Bagel Fruit (1/2c) Milk (1c)</p> <p><b>LUNCH</b> Deli Sandwich on GF Bread Vegetable (1/4c) Fresh Apple Milk (1c)</p>
<p><b>16</b> 100% p/u for Week</p> <p><b>BREAKFAST</b> GF Granola Bar or GF Muffin Fruit (1/2c) Milk (1c)</p> <p><b>LUNCH</b> GF Chicken Tenders Vegetable (1/4c) Fresh Apple Milk (1c)</p>	<p><b>17</b></p> <p><b>BREAKFAST</b> GF Cereal 100% Fruit Juice (1/2c) Milk (1c)</p> <p><b>LUNCH</b> GF Corn Dog Vegetable (1/4c) Orange Milk (1c)</p>	<p><b>18</b></p> <p><b>BREAKFAST</b> GF Cheese Omelet Fruit (1/2c) Milk (1c)</p> <p><b>LUNCH</b> Yogurt / GF Bagel Pack Vegetable (1/4c) Fresh Apple Milk (1c)</p>	<p><b>19</b></p> <p><b>BREAKFAST</b> GF Pancakes &amp; GF Sausage 100% Fruit Juice (1/2c) Milk (1c)</p> <p><b>LUNCH</b> GF Walking Taco Vegetable (1/4c) Orange Milk (1c)</p>	<p><b>20</b></p> <p><b>BREAKFAST</b> GF Bagel Fruit (1/2c) Milk (1c)</p> <p><b>LUNCH</b> Deli Sandwich on GF Bread Vegetable (1/4c) Fresh Apple Milk (1c)</p>
<p><b>23</b> 100% p/u for Week</p> <p><b>BREAKFAST</b> GF Granola Bar or GF Muffin Fruit (1/2c) Milk (1c)</p> <p><b>LUNCH</b> GF Chicken Sandwich Vegetable (1/4c) Fresh Apple Milk (1c)</p>	<p><b>24</b></p> <p><b>BREAKFAST</b> GF Cereal 100% Fruit Juice (1/2c) Milk (1c)</p> <p><b>LUNCH</b> Deli Sandwich on GF Bread Vegetable (1/4c) Orange Milk (1c)</p>	<p><b>25</b> NO SCHOOL</p>	<p><b>26</b> NO SCHOOL</p> <p>Happy Thanksgiving!</p>	<p><b>27</b> NO SCHOOL</p>
<p><b>30</b> 100% p/u for Week</p> <p><b>BREAKFAST</b> GF Granola Bar or GF Muffin Fruit (1/2c) Milk (1c)</p> <p><b>LUNCH</b> GF Cheeseburger Vegetable (1/4c) Fresh Apple Milk (1c)</p>				 <p>Choose <b>MyPlate.gov</b></p>

INFORMATION

Students Meals

FREE

EXTRA INFO

HARVEST OF



THE MONTH

Your MENUS plus more information on our app  
TaHER Food4Life®



www.taHER.com

Menus are subject to change without notice. This institution is an equal opportunity provider.