





GLUTEN FREE MUSTANG PACKS

For Remote Learning Days

March
2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>BREAKFAST GF Granola Bar or GF Muffin Fruit (1/2c) Milk (1c)</p> <p>LUNCH Deli Sandwich on GF Bread Vegetable (1/4c) Fruit (1/2c) Milk (1c)</p>	<p>2</p> <p>BREAKFAST GF Cereal 100% Fruit Juice (1/2c) Milk (1c)</p> <p>LUNCH Hotdog on GF Bun Vegetable (1/4c) Fruit (1/2c) Milk (1c)</p>	<p>3</p> <p>BREAKFAST GF Sausage English Muffin Fruit (1/2c) Milk (1c)</p> <p>LUNCH GF Deli Munchable Vegetable (1/4c) Fruit (1/2c) Milk (1c)</p>	<p>4</p> <p>BREAKFAST GF Pancakes 100% Fruit Juice (1/2c) Milk (1c)</p> <p>LUNCH GF Chicken Sandwich Vegetable (1/4c) Fruit (1/2c) Milk (1c)</p>	<p>5</p> <p>BREAKFAST GF Bagel w/ Cream Cheese Fruit (1/2c) Milk (1c)</p> <p>LUNCH GF Beefy Nachos Vegetable (1/4c) Fruit (1/2c) Milk (1c)</p>
<p>8</p> <p>BREAKFAST GF Granola Bar or GF Muffin Fruit (1/2c) Milk (1c)</p> <p>LUNCH GF Hamburger Vegetable (1/4c) Fruit (1/2c) Milk (1c)</p>	<p>9</p> <p>BREAKFAST GF Cereal 100% Fruit Juice (1/2c) Milk (1c)</p> <p>LUNCH Deli Sandwich on GF Bread Vegetable (1/4c) Fruit (1/2c) Milk (1c)</p>	<p>10</p> <p>BREAKFAST GF Cheese Omelet Fruit (1/2c) Milk (1c)</p> <p>LUNCH GF Pizza Munchable Vegetable (1/4c) Fruit (1/2c) Milk (1c)</p>	<p>11</p> <p>BREAKFAST GF Pancakes 100% Fruit Juice (1/2c) Milk (1c)</p> <p>LUNCH GF Chicken Nuggets Vegetable (1/4c) Orange (1/2c) Milk (1c)</p>	<p>12 NO SCHOOL</p>
<p>15 SPRING BREAK</p>	<p>16 SPRING BREAK</p>	<p>17 SPRING BREAK</p>	<p>18 SPRING BREAK</p>	<p>19 SPRING BREAK</p>
<p>22</p> <p>BREAKFAST GF Granola Bar or GF Muffin Fruit (1/2c) Milk (1c)</p> <p>LUNCH GF Corn Dog Vegetable (1/4c) Fruit (1/2c) Milk (1c)</p>	<p>23</p> <p>BREAKFAST GF Cereal 100% Fruit Juice (1/2c) Milk (1c)</p> <p>LUNCH GF WalkingTaco Vegetable (1/4c) Fruit (1/2c) Milk (1c)</p>	<p>24</p> <p>BREAKFAST GF Cheese Omelet Fruit (1/2c) Milk (1c)</p> <p>LUNCH GF Chicken Sandwich Vegetable (1/4c) Fruit (1/2c) Milk (1c)</p>	<p>25</p> <p>BREAKFAST GF Pancakes 100% Fruit Juice (1/2c) Milk (1c)</p> <p>LUNCH Deli Sandwich on GF Bread Vegetable (1/4c) Fruit (1/2c) Milk (1c)</p>	<p>26</p> <p>BREAKFAST GF Bagel w/ Cream Cheese Fruit (1/2c) Milk (1c)</p> <p>LUNCH GF Bagel / Yogurt Pack Vegetable (1/4c) Fruit (1/2c) Milk (1c)</p>
<p>29</p> <p>BREAKFAST GF Granola Bar or GF Muffin Fruit (1/2c) Milk (1c)</p> <p>LUNCH GF Chicken Tenders Vegetable (1/4c) Fruit (1/2c) Milk (1c)</p>	<p>30</p> <p>BREAKFAST GF Cereal 100% Fruit Juice (1/2c) Milk (1c)</p> <p>LUNCH Deli Sandwich on GF Bread Vegetable (1/4c) Fruit (1/2c) Milk (1c)</p>	<p>31</p> <p>BREAKFAST GF Sausage English Muffin Fruit (1/2c) Milk (1c)</p> <p>LUNCH GF Pizza Munchable Vegetable (1/4c) Fruit (1/2c) Milk (1c)</p>		 <p>Choose MyPlate.gov</p>

Students Meals

FREE

EXTRA INFO

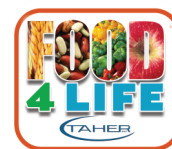
Milk choice of 1% White or Chocolate Skim is included with meal. For questions or comments, contact Food Service Office at 515-986-9747 x 4162 or email diana.hudson@dcgschools.com.

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.