

# January – GF/DF Menu

# Elementary/DC MS

5 GF/DF Cheese Pizza <b>OR</b> Cheeseburger on GF Bun <b>OR</b> Hamburger for DF French Fries	6 Beef Taco on GF Tortilla and DF Shredded Cheese Refried Beans Shredded Lettuce Salsa <b>OR</b> Toasty DF Cheese Sandwich on GF Bread	7 Marinara & Meatballs over GF Rotini with Broccoli <b>OR</b> Ham and Cheese Wrap on GF Tortilla French Fries	8 GF/DF Cheese Pizza <b>OR</b> GF Chicken Nuggets with French Fries	9 GF/DF Cheese Pizza <b>OR</b> Cheeseburger on GF Bun <b>OR</b> Hamburger for DF French Fries
12 GF Chicken Tenders Tater Tots Carrots <b>OR</b> Cheeseburger on GF Bun <b>OR</b> Hamburger for DF French Fries	13 Beef Nachos with GF Chips and DF Shredded Cheese Refried Beans Shredded Lettuce Salsa <b>OR</b> Turkey Chef Salad with Gluten Free Muffin	14 Marinara & Meatballs over GF Rotini with Broccoli <b>OR</b> Ham and Cheese Wrap on GF Tortilla French Fries	15 GF/DF Waffles Pork Sausage Tater Tots <b>OR</b> Cheeseburger on GF Bun <b>Or</b> Hamburger for DF French Fries	16 <b>No School</b>
19 <b>No School</b>	20 Beef Taco on GF Tortilla and DF Shredded Cheese Refried Beans Shredded Lettuce Salsa <b>OR</b> Toasty DF Cheese Sandwich on GF Bread	21 Turkey Hot Dog on GF Bun French Fries <b>OR</b> Cheeseburger on GF Bun <b>Or</b> Hamburger for DF French Fries	22 GF Chicken Tender Sandwich French Fries <b>OR</b> Marinara & Meatballs over GF Rotini with Broccoli	23 GF/DF Cheese Pizza <b>OR</b> Cheeseburger on GF Bun <b>OR</b> Hamburger for DF French Fries
26 GF/DF Cheese Pizza <b>OR</b> Cheeseburger on GF Bun <b>OR</b> Hamburger for DF French Fries	27 Beef Nachos with GF Chips and DF Shredded Cheese Refried Beans Shredded Lettuce Salsa <b>OR</b> Turkey Chef Salad with Gluten Free Muffin	28 Marinara & Meatballs over GF Rotini with Broccoli <b>OR</b> Ham and Cheese Wrap on GF Tortilla French Fries	29 GF/DF Waffles Pork Sausage Tater Tots <b>OR</b> Cheeseburger on GF Bun <b>Or</b> Hamburger for DF French Fries	30 GF Chicken Tenders Tater Tots Carrots <b>OR</b> Cheeseburger on GF Bun <b>OR</b> Hamburger for DF French Fries

\*We offer a full fruit and vegetable bar, as well as fresh whole fruit daily as part of the meal options.