

# March – GF/DF Menu

# Elementary/DC MS

2 GF/DF Waffles Pork Sausage Tater Tots <b>OR</b> Cheeseburger on GF Bun <b>Or</b> Hamburger for DF French Fries	3 Beef Taco on GF Tortilla and DF Shredded Cheese Refried Beans Shredded Lettuce Salsa <b>OR</b> Toasty DF Cheese Sandwich on GF Bread	4 Turkey Hot Dog on GF Bun Green beans <b>OR</b> Cheeseburger on GF Bun <b>Or</b> Hamburger for DF French Fries	5 GF/DF Cheese Pizza <b>OR</b> Ham and Cheese Wrap on GF Tortilla Steamed Peas	6 GF/DF Cheese Pizza <b>OR</b> Cheeseburger on GF Bun <b>OR</b> Hamburger for DF French Fries
9 GF Chicken Tenders GF/DF Waffles Carrots <b>OR</b> Cheeseburger on GF Bun <b>Or</b> Hamburger for DF Carrots	10 Beef Nachos with GF Chips and DF Shredded Cheese Refried Beans Shredded Lettuce Salsa <b>OR</b> Turkey Hot Dog on GF Bun	11 GF Chicken Tender Sandwich French Fries <b>OR</b> Cheeseburger on GF Bun <b>Or</b> Hamburger for DF French Fries	12 Marinara & Meatballs over GF Rotini with Broccoli <b>OR</b> Toasty DF Cheese Sandwich on GF Bread Broccoli	13
16	17	18	19	20
23 GF/DF Waffles Pork Sausage Tater Tots <b>OR</b> Cheeseburger on GF Bun <b>Or</b> Hamburger for DF French Fries	24 Beef Taco on GF Tortilla and DF Shredded Cheese Refried Beans Shredded Lettuce Salsa <b>OR</b> Turkey Chef Salad with Gluten Free Muffin	25 GF Chicken Tenders French Fries Corn <b>OR</b> Cheeseburger on GF Bun <b>Or</b> Hamburger for DF French Fries	26 GF Chicken Tender Sandwich French Fries <b>OR</b> GF/DF Cheese Pizza	27 GF/DF Cheese Pizza <b>OR</b> Turkey Hot Dog on GF Bun
30 GF/DF Waffles Pork Sausage Tater Tots <b>OR</b> Cheeseburger on GF Bun <b>Or</b> Hamburger for DF French Fries	31 Beef Nachos with GF Chips and DF Shredded Cheese Refried Beans Shredded Lettuce Salsa <b>OR</b> GF Chicken Tenders French Fries	1 Cheeseburger on GF Bun <b>OR</b> Hamburger for DF French Fries <b>OR</b> Ham and Cheese Wrap on GF Tortilla French Fries	2 GF Chicken Tenders Fries <b>OR</b> Turkey Chef Salad with Gluten Free Muffin	3 GF/DF Cheese Pizza Green Beans <b>OR</b> Toasty DF Cheese Sandwich on GF Bread

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