

March – GF/DF Menu

Elementary/DC MS

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