

DCG High School September Gluten Free/Dairy Free Menu

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

DCG High School September Gluten Free/Dairy Free Menu

	1 Cheese or Pepperoni Pizza on GF Crust DF Cheese for DF OR Ham & Cheese GF Bagel Melt DF Cheese for DF French Fries • Cauliflower • Chilled Mixed Fruit • Orange Wedges	2 Cheeseburger on GF Bun Hamburger for DF OR Beef Taco on GF Tortilla DF Cheese for DF • Carrot Sticks • Fresh Banana • Pineapple Tidbits	3 Popcorn Chicken OR Ham & Cheddar Chef Salad DF Cheese for DF • Cauliflower • Orange Wedges • Chilled Pears	4 Cheese or Pepperoni Pizza on GF Crust OR Cheeseburger on GF Bun or Hamburger for DF • Carrots • Chilled Mixed Fruit • Fresh Banana
No School Labor Day	8 Italian Meatball Sub on GF Sub Or Deli Turkey or Ham Sandwich on GF Sub • Carrot & Celery Sticks • Orange Wedges • Chilled Diced Pears	9 Chicken and Cheese Crispito On GF Tortilla DF Cheese for DF OR Turkey BLT Wrap on GF Tortilla French Fries • Spinach & Romaine Salad • Red Apple	10 Cheese or Pepperoni Pizza on GF Crust DF Cheese for DF OR GF Meatballs with GF Pasta & Marinara • Carrot & Celery Sticks • Orange Wedges • Chilled Peaches	11 GF Chicken Bacon Cheddar Melt DF Cheese for DF OR Seasoned Beef Taco on GF Tortilla • Cauliflower • Red Apple • Chilled Mixed Fruit
14 GF Pancakes Sausage Patty Tater Tots OR	15 Cheese Pizza on GF Crust DF Cheese for DF OR	16 Santa Fe Turkey & Cheddar Wrap on GF Tortilla DF Cheese for DF	17 Beef Taco Pizza on GF Crust DF Cheese for DF OR	18 Cheese or Pepperoni Pizza on GF Crust DF Cheese for DF OR

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Chicken Taco on GF Tortilla • Carrots • Red Apple • Pineapple Tidbits	Deli Ham or Turkey Sandwich on GF Sub • Broccoli • Orange Wedges • Applesauce	OR Cheese or Pepperoni Pizza on GF Crust DF Cheese for DF • Carrots • Banana • Chilled Peaches	Chicken With GF Pasta & Marinara • Broccoli • Cauliflower • Orange Wedges • Applesauce	Chicken Taco Meat on GF Tortilla • Carrots • Banana • Chilled Peaches
21 GF Chicken Tenders with GF Waffles OR Cheeseburger on GF Bun DF Cheese for DF or Hamburger for DF French Fries • Cherry Tomatoes • Fresh Whole Fruit • Chilled Mixed Fruit	22 BBQ Pulled Pork Sandwich on GF Bun OR Deli Turkey Sandwich on GF Roll • Side Salad • Cucumber Slices • Chilled Pears	23 Cheese or Pepperoni Pizza on GF Crust DF Cheese for DF OR Beef Taco Meat on GF Tortilla • Broccoli • Banana • Chilled Peaches	24 GF Chicken Nuggets OR GF Meatballs with GF Pasta & Marinara • Side Salad • Cucumbers • Chilled Pears	25 Chicken Sandwich on GF Bun OR Santa Fe Turkey & Cheddar Wrap on GF Tortilla DF Cheese for DF • Cherry Tomatoes • Chilled Mixed Fruit • Red Apple

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28 GF French Toast Sticks, Sausage Patty Tater Tots OR Cheeseburger on GF Bun Hamburger for DF • Carrot • Red Apple • Pineappl e	29 GF Cheese or Pepperoni Pizza on GF Crust DF Cheese for DF OR Toasty Cheese Sandwich on GF Bread • Cauliflower • Oranges • Chilled Mixed Fruit	30 Cheeseburger on GF Bun DF Cheese or Hamburger for DF OR Beef Taco on GF Tortilla • Carrots • Banana • Pineappl e Tidbits		
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