

Dallas Center Middle & Oak View September Gluten Free Dairy Free Menu

	1 Chicken or Beef Taco on GF Tortilla OR GF Ham and Cheddar Bagel Melt DF Cheese for DF	2 Classic Beef Burger on GF Bun DF Cheese or Hamburger for DF OR Ham & Cheddar Chef Salad DF Cheese for DF	3 Cheese or Italian Sausage on GF Crust DF Cheese for DF OR Buffalo Chicken Wrap on GF Tortilla	4 Italian Meat Sauce with GF Pasta OR BBQ Pork Sandwich on GF Bun
7 No School Labor Day	8 Turkey Hot Dog on GF Bun OR Cheese Pizza on GF Crust DF Cheese for DF	9 Deli Turkey or Ham Sandwich on GF Sub OR Chicken & Cheese Crispito on GF Tortilla DF Cheese for DF	10 Cheeseburger on GF Bun DF Cheese or Hamburger for DF OR Chicken or Beef Taco on GF Tortilla	11 Turkey BLT Wrap on GF Tortilla OR Cheese or Pepperoni Pizza on GF Crust DF Cheese for DF
14 GF Chicken Nuggets OR Italian Meatball Sub on GF Sub	15 Toasty Cheese Sandwich on GF Bread OR Ham & Cheddar Chef Salad DF Cheese for DF	16 Classic Burger on GF Bun Or Santa Fe Turkey & Cheddar Wrap on GF Tortilla DF Cheese for DF	17 Beef or Chicken Taco Meat on GF Tortilla OR GF Crispy Chicken Sandwich on GF Bun	18 Cheese or Pepperoni Pizza on GF Crust DF Cheese for DF OR Turkey Dog on a GF Bun
21 GF French Toast Sticks Sausage Patty Tater Tots OR Cheeseburger on GF Bun DF Cheese or	22 Beef or Chicken Taco Meat on GF Tortilla OR Turkey Hot Dog on GF Bun	23 Cheese or Pepperoni Pizza on GF Crust DF Cheese for DF OR	24 GF Chicken Tenders OR Beef or Chicken Taco Meat on GF Tortilla	25 Cheeseburger on GF Bun or DF Cheese or Hamburger for DF OR

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Hamburger for DF		Deli Turkey or Ham Sandwich on GF Sub		Buffalo Chicken Wrap on GF Tortilla
28 GF Crispy Chicken Sandwich OR BBQ Pulled Pork on a GF Bun	29 Cheese or Pepperoni Pizza on GF Crust DF OR Cheese for DF OR Cheeseburger on GF Bun DF Cheese or	30 Turkey Hog Dog on GF Bun OR Cheese or Pepperoni Pizza on GF Crust DF Cheese for DF		