

Dallas Center Elementaries Dairy Free/Gluten Free Menu October

			1.GF Spaghetti w/ Meat Sauce OR Toasty Cheese Sandwich on GF Bread	2. GF Chicken Tenders OR Turkey BLT Wrap on GF Tortilla
5. GF Waffles, Sausage, Tots OR GF Cereal, Yogurt, Cheese Fun Lunch	6. Beef Taco on GF Tortilla OR Turkey Chef Salad	7. GF Popcorn Chicken OR Cheeseburger on GF Bun Hamburger for DF	8. Mixed Greens Salad w/Cheese Or GF Chicken Sandwich on GF Bun	9. Cheese Pizza on GF Crust OR Hot Dog on GF Bun
12. GF Waffle, Sausage Patty OR Cheeseburger on GF Bun Hamburger for Dairy Free	13. GF Chicken Nuggets Or Sun Butter & Grape Jelly on GF Bread	14. GF Chicken Sandwich on GF Bun OR Turkey BLT Wrap on GF Tortilla	15. Egg & Cheddar Chef Salad OR Hot Dog on GF Bun	16.Toasty Cheese Sandwich on GF Bread Or Pepperoni Pizza on GF Crust
19. Cheeseburger on GF Bun Hamburger for DF OR Pizza Bagel Fun Lunch on GF Bagel	20. Beef Taco on GF Tortilla OR Ham, Cheese, Lettuce Wrap DF Cheese for DF	21. Hot Dog on GF Bun OR GF Chicken Sandwich on GF Bun	22. Turkey & Cheese Pinwheel on GF Tortilla OR GF Popcorn Chicken Salad	23. Cheese Pizza on GF Pizza Crust OR GF Cereal, Yogurt, Cheese Fun Lunch
26. No School	27. Walking Taco OR Pizza Bagel Fun Lunch on GF Bagel	28. GF Chicken Sandwich on GF Bun OR Cheeseburger on GF Bun Hamburger for DF	29. Spaghetti w/Italian Meat Sauce OR Turkey & Cheese Sandwich on GF Bread	30. GF Chicken Tenders OR Turkey BLT Wrap