

Dallas Center High School Gluten Free/Dairy Free October Menu

			1.GF Pasta w/ Meatballs & Marinara OR Italian Sausage Pizza on GF Crust • Oranges • Cauliflower • Diced Pears	2.Cheeseburger on GF Bun Hamburger for DF OR Beef Taco on GF Tortilla • Banana • Carrot Sticks • Mixed Fruit
5.Turkey BLT Wrap on GF Tortilla OR Chicken Taco on GF Tortilla • Fresh Whole Fruit • Carrot Slices • Mixed Fruit	6.Meatball Sub on GF Bun OR Pepperoni Pizza on GF Crust DF Cheese for DF • Cucumbers • Oranges • Diced Pears	7.Cheeseburger on GF Bun Hamburger for DF OR Chicken & Cheese Crispito • Carrot Sticks • Red Apple • Mixed Fruit	8.Chicken Sandwich on GF Bun OR GF Pasta W/ Chicken & Marinara • Celery Sticks • Orange Wedges • Peaches	9.Bacon & Cheddar Melt on GF Bun OR Beef Taco on GF Tortilla • Red Apple • Chilled Fruit • Cauliflower
12. GF Waffles, Sausage Patty, Tots OR Ham & Cheddar Chef Salad • Pineapple • Red Apple	13. Pepperoni Pizza on GF Crust OR Ham & Cheese Bagel Melt on GF Bagel DF Cheese for DF • Fresh Broccoli • Applesauce	14. Chicken Taco on GF Tortilla OR Santa Fe Turkey & Cheese Wrap on GF Tortilla DF Cheese for DF • Banana • Peaches	15. GF Pasta & Meatballs W/Marinara OR Beef Taco Pizza on GF Crust • Broccoli • Oranges • Applesauce	16. Cheeseburger on GF Bun or Hamburger for DF OR Beef Taco on GF Crust • Carrot Sticks • Banana

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• Carrot Sticks	• Oranges	• Carrot Sticks		• Peaches
19. GF Chicken Tenders & Waffles OR Turkey Chef Salad • Broccoli • Fresh Fruit • Peaches	20. BBQ Pulled Pork on GF Bun OR Deli Turkey Sub on GF Sub • Cucumbers • Fresh Pear • Lettuce, Tomato, Side Salad.	21. Pepperoni Pizza Crust on GF Crust OR Beef Taco on GF Tortilla • Broccoli • Banana • Peaches	22. GF Chicken Nuggets OR Turkey Chef Salad • Cucumbers • Chilled Pears • Side Salad	23. Cheeseburger on GF Bun Hamburger for DF OR GF Chicken Sandwich on GF Bun • Fries • Cherry Tomatoes • Mixed Fruit
26. No School	27. Toasty Cheese Sandwich on GF Bread DF Cheese for DF OR Hawaiian Pizza on GF Crust • Cauliflower • Oranges • Mixed Fruit	28. Beef Taco on GF Tortilla OR Buffalo Chicken Wrap on GF Tortilla • Carrot Sticks • Banana • Pineapple	29. GF Popcorn Chicken OR Ham & Cheddar Bagel Melt on GF Bagel • Diced Pears • Cauliflower • Oranges	30. Pepperoni Pizza on GF Crust OR Chicken Taco on GF Tortilla • Carrot Sticks • Banana • Mixed Fruit