



GLUTEN FREE MENU 2016 2017



WEEKLY BREAKFAST-Gluten Egg & Cheese on *gluten free* Bagel, Fruit, Juice and Milk

June 2016

LUNCH MENU WEEKS 1 THROUGH 3

Nutritional and Allergy information available on line

W E E K 1	Homemade Pizza Silly Dilly Green Beans Fresh Carrot Sticks Yummy Pears Fresh Fruit Milk	Cheese Burger Deluxe Baked Beans Fresh Broccoli Chunky Pineapple Fresh Fruit Milk	Gluten Free Spaghetti gluten free roll Tiny Tree Top Broccoli Crispy Garden Salad Crazy Applesauce Fresh Fruit & Milk	Chicken Breast Sandwich-gluten free Mashed Potatoes Cherry Tomatoes Fruit Medley Fresh Fruit & Milk	<i>Breakfast Sandwich</i> Potato Smiles Sliced Cucumbers Golden Peaches Fresh Fruit & Milk	Available Daily <i>Gluten free rolls</i> <i>Chicken Chef Salad</i>
W E E K 2	Homemade Pizza Silly Dilly Green Beans Sliced Cucumber Crazy Applesauce Fresh Fruit Milk	Nachos Brown Rice / Refried Beans Rocket Red Peppers Golden Peaches Fresh Fruit & Milk	BBQ Chicken Sandwich Mashed Potatoes Crispy Garden Salad Mandarin Oranges Fresh Fruit Milk	Gluten Free Spaghetti <i>Gluten Free</i> Roll Corn Crispy Garden Salad Chunky Pineapple Fresh Fruit & Milk	Pizza Stuffers Roasted Carrots Fresh Broccoli 100% Fruit Juice Fresh Fruit & Milk	Available Daily <i>Gluten free rolls</i> <i>Chicken Chef Salad</i>
W E E K 3	Nachos Roasted Carrots Sliced Cucumbers Mandarin Oranges Fresh Fruit / Milk	Cheese Burger Deluxe Baked Beans Rocket Red Peppers Yummy Pears Fresh Fruit Milk	Ravioli <i>gluten free</i> <i>Gluten free</i> Roll Corn / Crispy Garden Salad Golden Peaches Fresh Fruit Milk	Chicken Breast Sandwich Brown Rice Silly Dilly Green Beans Fresh Broccoli Fruit Medley Fresh Fruit & Milk	Pizza Stuffers Tiny Tree Top Broccoli Carrot Sticks Crazy Applesauce Fresh Fruit Milk	Available Daily <i>Gluten free rolls</i> <i>Turkey Chef Salad</i>
1	August 22, September 12, October 3, October 24, November 14, December 5, January 9, January 30, February 20, March 13, April 10, May 1, May 22,					
2	August 29, September 19, October 10, October 31, November 21 December 12, January 16, February 6, February 27, March 20, April 17, May 8, May 29					
3	September 5, September 26, October 17, November 7, November 28, January 2, January 23, February 13, March 6, April 3, April 24, May 15,					

Crown Point Schools know education and good nutrition go together so our students are encouraged to take fruits and vegetables with each meal. Meals, foods and beverages sold or served at schools meet state and federal requirements which are based on the [USDA Dietary Guidelines](#). We provide students with access to a variety of affordable and appealing foods that meet the health and nutrition needs of students.

*Healthier US School Challenge Silver Award Recipeint 2011 - 2014
Healthier US School Challenge Bronze Award Recipeint 2016 - 2019*



Physical Activity is important everyday

