

**Gluten Free HS Lunch Menu May/June 2017**

**Lancaster Community Schools**

Monday		Tuesday		Wednesday		Thursday		Friday	
1	<b>GF Chicken Nuggets</b> Stewed Tomatoes Salad Bar Applesauce Fresh Fruit	2	<b>Ham &amp; Cheese on a GF Bun</b> Steamed Broccoli Florets Salad Bar Mandarin Oranges Fresh Fruit	3	<b>Pepperoni Pizza on a GF Crust</b> Green Beans Salad Bar Schoep's Sherbet Cup- Orange or Lime only Fresh Fruit Peaches	4	<b>Nachos with Cheese Sauce</b> Refried Beans Salad Bar Fresh Fruit Pear Slices	5	<b>Ham Sandwich on GF Bread</b> Baked Potato Steamed Carrot Coins Salad Bar Pineapple Tidbits Fresh Fruit
8	<b>Hot Dog on a GF Bun</b> Stir Fry Veggies Rice Salad Bar Fresh Fruit Peaches	9	<b>Chicken Philly Sandwich on a GF Bun</b> FF Hubbard Squash Salad Bar Mixed Fruit Fresh Fruit	10	<b>Ham Sandwich on GF Bread</b> Steamed Broccoli Florets Salad Bar Pear Slices Fresh Fruit	11	<b>Cheese Pizza on a GF Crust</b> Seasoned Green Beans Salad Bar Fresh Fruit Peaches	12 <b>Early Release/ No Lunch</b>	
15	<b>Hamburger On a GF Bun</b> FF Stir Fry Veggies Salad Bar Fresh Fruit Mandarin Oranges	16	<b>Chicken Fillet on a GF Bun</b> Steamed Broccoli Florets Salad Bar Fresh Fruit	17	<b>Chicken Nuggets</b> Green Beans Salad Bar Pear Slices Fresh Fruit	18	<b>Cheese Omelet</b> Steamed Carrot Coins Bread Slice Salad Bar Pineapple Tidbits Fresh Fruit	19 <b>GF Chicken Nuggets</b> Stewed Tomatoes Salad Bar Peaches Fresh Fruit	
22	<b>Chicken Fillet on a GF Bun</b> Corn Salad Bar Peaches Fresh Fruit	23	<b>Pepperoni Pizza on a GF Crust</b> Green Beans Salad Bar Fresh Fruit Applesauce	24	<b>Hamburger on a GF Bun</b> Baked Beans Salad Bar Fresh Fruit Pineapple Tidbits	25	<b>Hard Shell Taco</b> Refried Beans Steamed Carrot Coins Salad Bar Mixed Fruit Fresh Fruit	26 <b>Hot Dog on GF Bun</b> Steamed Broccoli Florets Salad Bar Pear Slices Fresh Fruit	
29	Memorial Day	30	<b>Sloppy Joe on a GF Bun</b> FF Corn Salad Bar Peaches Fresh Fruit	31	<b>Pepperoni Pizza on a GF Crust</b> Green Beans Salad Bar Schoep's Sherbet Cup- Orange or Lime only Fresh Fruit Peaches	1	<b>Ham Sandwich</b> Cole Slaw Baked Beans Chips Salad Bar Fresh Fruit	2 <b>Early Release/ No Lunch</b> <b>1 carton of milk is included with each meal.</b>	

Each meal must have a combined  
 $\frac{1}{2}$  cup total of vegetables and/or fruit on the tray  
in order to qualify for a reimbursable lunch.

One full serving from each of 2 other food groups must also be on the tray.

“This institution is an equal opportunity provider.”