

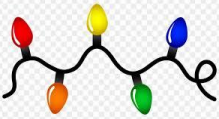




Cyclone Gluten Free Menu

Prices: First meal is FREE to all students Second Entrees are \$1.95 Milk choices include: Fat Free Chocolate, 1 % White and Skim \$.55 each

****Peanut Butter and Jelly Meal offered daily. Includes: Peanut Butter and Jelly Sandwich, String cheese, Whole Wheat Dinner Roll, milk, fruit and vegetable of the day

BREAKFAST is offered daily and includes assorted cereal, juice, milk and entree listed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast: Raisins Baked Chicken 3	Breakfast: Fruit Cup GF Pasta with Meatsauce 4	Breakfast: Bananas Turkey Sandwich on Gluten Free Bread 5	No School Snow Day 6	Breakfast: Fruit Cup Roast Turkey 7
Breakfast: Raisins Ham Sandwich on Gluten Free Bread 10	Breakfast: Fruit Cup Hot Dog on GF Roll 11	Breakfast: Bananas Pizza 12	Breakfast: Craisins Roast Beef Mashed Potato 13	Breakfast: Fruit Cup Baked Chicken 14
Breakfast: Raisins Hamburger on a GF Roll 17	Breakfast: Fruit Cup Baked Chicken 18	Breakfast: Bananas Tacos with Nacho Chips 19	Breakfast: Craisins Pizza 20	Breakfast: Fruit Cup Hot Dog on GF Roll 21
NO SCHOOL  24	CHRISTMAS DAY  25	NO SCHOOL  26	NO SCHOOL  27	NO SCHOOL  28

USDA IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER

Menu subject to change without notice

Please be advised if your child/children have food allergies, foods served may contain ingredients your child is allergic to. For more specific information, please contact the School Nutrition Program Director.

Make every Forkful Count:

Water: It's a great choice

This is a great drink choice because it doesn't contain added sugars or caffeine. Encourage others to drink water by being a role model and drinking water yourself!!

Water helps hydrate your body

You need extra water when you are physically active or when it is hot outside

Drinking water between meals and snacks can help rinse food from teeth.

Keep child sized cups by the sink where your child can reach them.

Flavor water with citrus fruits, strawberries, cucumbers and herbs!



What do you call a horse that swims underwater??

A Seahorse!

What kind of fish swims at night??

A Starfish!

