WEST ALLEGHENY MAY 2017
GLUTEN FREE MENU

A request should be made to the cafeteria kitchen in the morning for a Gluten Free meal

Food Service Director: Rebecca Jaros
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724.695.5254

The Nutrition Group

Basil CHEF OF NUTRITION

What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk
Students must choose at least one fruit or vegetable

Fresh Fruits and Vegetables Offered Daily

***Vegetables include but limited to:**

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

***May choose two 1/2 cup servings**

***Fruits include but not limited to:**

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce

***May choose 1/2 cup serving**

MENU ISSUBJECT TO CHANGE

Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Lunch Prices:
Paid ES: $2.75 MS/HS: $2.85
Reduced $.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/1 Hot Dog on GF Bun Or Grilled Chicken Salad Carrots Fruit Choice Milk Choice	5/2 Egg, Sausage & Cheese on GF Bun Tater Gems Fruit Choice Milk Choice	5/3 GF Homemade Mac and Cheese or Diced Chicken Salad Peas Fruit Choice Milk Choice	5/4 Grilled Cheese on GF Bread Or Grilled Chicken Salad Green Beans Fruit Choice Milk Choice	5/5 GF Cheese Pizza or Hot Dog on a GF Bun Baked Beans Fruit Choice Milk Choice
5/8 GF Diced Chicken w/ GF Bread Slice OR Grilled Chicken Salad Carrots Fruit Choice Milk Choice	5/9 Hot Ham n' Cheese on GF Bun Peas Fruit Choice Milk Choice	5/10 Chipotle Chicken Fajitas w/ Tortilla chips Broccoli Fruit Choice Milk Choice	5/11 GF Pasta w/ Meat Sauce Seasoned Green Beans Fruit Choice Milk Choice	5/12 GF Cheese Pizza or Hot Dog on a GF Bun Baked Beans Fruit Choice Milk Choice
5/15 Walking Beef Taco Sweet Corn Fruit Choice Milk Choice	5/16 Cheese Burger on a GF Bun Or GF Diced Chicken w/ GF Bread Slice Carrots Fruit Choice Milk Choice	5/17 GF Diced Chicken w/ GF Bread Slice OR Grilled Chicken Salad Peas Fruit Choice Milk Choice	5/18 Grilled Chicken Salad Or Hamburger on GF Bun Broccoli Fruit Choice Milk Choice	5/19 GF Cheese Pizza or Hot Dog on a GF Bun Baked Beans Fruit Choice Milk Choice
5/22 GF Diced Chicken w/ GF Bread Slice OR Grilled Chicken Salad Oven Fries Fruit Choice Milk Choice	5/23 Grilled Cheese on GF Bread Or Grilled Chicken Salad Green Beans Fruit Choice Milk Choice	5/24 Cheese Burger on a GF Bun Or GF Diced Chicken w/ GF Bread Slice Mashed Potatoes Fruit Choice Milk Choice	5/25 GF Pasta w/ Meat Sauce Seasoned Broccoli Fruit Choice Milk Choice	5/26 NO SCHOOL
5/29 NO SCHOOL	5/30 Pizza Burger on GF Bun OR Grilled Chicken Salad Corn Fruit Choice Milk Choice	5/31 Hot Dog on GF Bun Or Hamburger on GF Bun Baked Beans Watermelon Milk Choice		The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE
Monday Yogurt w/ Tortilla Chips	**Tuesday** Yogurt w/ Tortilla Chips	**Wednesday** Yogurt w/ Tortilla Chips	**Thursday** Yogurt w/ Tortilla Chips	**Friday** Yogurt w/ Tortilla Chips