



Avoiding Gluten Lunch Menu

February 2017

Student Lunch: Middle School \$2.70 Elementary School \$2.45 Reduced Price: \$0.40

A full student lunch includes a choice of entrée supplying protein and grain, a variety of vegetable and fruit choices, and milk.

Milk choices include 1% white milk, nonfat white milk and nonfat chocolate milk.

We feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and a variety of other choices.

Monday's	Tuesday's	Wednesday's	Thursday's	Friday's
House Made Sesame Free Hummus with Vegetable Sticks and Tortilla Chips	Caesar Mozzarella Salad with Gluten Free Roll/Butter	Bruschetta Chicken Salad with Tortilla Chips	House Made Sesame Free Hummus with Vegetable Sticks and Tortilla Chips	Chicken Caesar Salad with Gluten Free Roll/Butter
Sunbutter and Jelly on Whole Grain Gluten Free Bread	Roast Chicken Breast with Mozzarella on Gluten Free Bread	Tomato & Mozzarella Panini on Gluten Free Bread	Sunbutter and Jelly on Whole Grain Gluten Free Bread	Roast Chicken Breast with Swiss Cheese on Gluten Free Bread
Boars Head Turkey and Cheese on Whole Grain Gluten Free Bread	Boars Head Ham & Swiss on Whole Grain Gluten Free Bread	Boars Head Turkey and Cheese on Whole Grain Gluten Free Bread	Boars Head Ham & Swiss on Whole Grain Gluten Free Bread	Boars Head Turkey and Cheese on Whole Grain Gluten Free Bread
Gluten Free Whole Grain Chicken Tenders	Cheeseburger on Whole Grain Gluten Free Roll	Grilled Cheese on Whole Grain Gluten Free Bread	French Bread Pizza	Choice of Hot Entrée from list below



Hot Entrees:
AVAILABLE ON FRIDAY!
Rice Noodle Mac & Cheese
Shepherd's Pie
French Bread Pizza
Brown Rice Vegetable Bowl
Santa Fe Enchilada Bowl



Additional pre-packaged Gluten Free Items:

<i>Boars Head Hummus & Pretzel</i>	3.00	<i>Stonyfield Organic Yogurt</i>	1.00
<i>Dannon Lite & Fit Yogurt</i>	1.00	<i>Boars Head Hummus Cup</i>	2.00
<i>Kozyshack Pudding</i>	1.00	<i>Udi's Chocolate Chip Cookies</i>	1.25
<i>Tostito's Tortilla Chips</i>	1.00	<i>Udi's GF Muffins</i>	2.00
<i>Soy Milk-Vanilla</i>	1.00	<i>Soy Milk-Chocolate</i>	1.00
<i>Welch's Fruit Snacks</i>	2.00	<i>String Cheese</i>	1.00

For Questions, Comments or Concerns, please contact Deborah VanCoughnett, Food Service Director 203-341-2431
Dvancoughnett@westport.k12.ct.us

This menu is designed for students with medically documented gluten allergies.

Contact your child's school nurse to get signed up for this menu or with any questions.

All Menu Items, Recipes and Food Labels should be reviewed and approved by Parents and nursing staff prior to menu implementation

Go to: ChooseMyPlate.gov for online personal wellness resources for you and your family

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250