


February 2018 - MSAD 55 Gluten Free (GF) Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Please take our Food Survey - link is on the lunch webpage: www.sad55.org/lunch			1st GF Pasta & Meatsauce GF Roll Steamed Broccoli Fresh Fruit	2nd GF Chicken Tenders Oven Fries Green Beans Sliced Peaches
5th GF Cheeseburger on GF Roll GF Beans GF Cole Slaw Pineapple Chunks	6th GF Pizza Baby Carrots & Hummus Applesauce GF Chocolate Pudding Cup	7th <small>EARLY RELEASE 72</small> Ham & Cheese Melt on GF Bread/Roll GF Tossed Salad Veg Sticks Sliced Peaches	8th GF Chicken Parmesan GF Pasta Peas Fresh Fruit	9th <small>EARLY RELEASE SAD 55</small> GF Chicken Nuggets Mashed Potato Corn Mandarin Oranges
12th GF Hamburger on GF Roll GF Baked Beans GF Tossed Salad Fresh Fruit	13th GF Pizza Baby Carrots & Hummus Sliced Pears	14th <small>Valentine's Day!</small> GF Chicken Burger Mashed Potatoes Peas Sliced Strawberries	15th GF Pasta & Meatsauce GF Roll Steamed Broccoli Sliced Peaches	16th <small>CHINESE NEW YEAR!</small> GF Chicken Tenders Seasoned Brown Rice Mixed Veggies Mandarin Oranges
Winter Vacation				
26th GF Baked Beans GF Hot Dog in a GF Roll GF Cole Slaw Pineapple Chunks	27th GF Pizza Sweet Corn GF Spinach Salad Mandarin Oranges	28th Scrambled Egg GF Sausage & Salsa Mango Tango Juice GF Hash Brown Potatoes Fresh Melon Slice		

ALTERNATIVE CHOICE: Daily Sandwich of the day or Salad of the day - please see us by 9 AM.

BREAKFAST CHOICE of Gluten Free Cereals or Gluten Free Muffin served with fruit, juice and milk

Choice of white or chocolate milk available daily. MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Any questions or concerns please contact Mary Emerson at 625-2490 EXT 1143 or via email at memerson@sad55.org

Meal Prices: Breakfast \$1 Elementary & SVMS, \$1.25 at SVHS Lunch \$2.50 Elementary & SVMS, \$2.75 at SVHS

This institution is an equal opportunity provider