


Sacopee Valley Gluten-Free (GF) Menu January, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 st No School New Year's Day	2 nd GF Pizza Carrots & Hummus Sliced Pears	3 rd GF Tuna or Chicken Salad Sand Veggie Bar Fresh Fruit	4 th GF Chicken Parmesan GF Pasta Green Beans Fresh Fruit	5 th GF Chicken Nuggets Mashed Potatoes Corn Mandarin Oranges
8 th Hamburger on GF Roll GF Baked Beans Coleslaw Pineapple Chunks	9 th GF Pizza Sweet Corn Orange Halves	10 th Egg Patty & GF Sausage Salsa & Dragon Punch GF Hash Brown Potatoes GF Muffin Fresh Melon Slice	11 th GF Pasta & Meatsauce Broccoli GF Tossed Salad Fresh Fruit	12 th <small>EARLY RELEASE AT 1 PM</small> GF Chicken Nuggets GF Sweet Potato Wedges Green Beans Sliced Peaches
15 th No School Martin Luther King Day	16 th GF Pizza Broccoli GF Tossed Salad Fresh Fruit	17 th GF Italian Sandwich on GF Roll Veggie Bar Black Bean & Corn Salad Pineapple Chunks	18 th GF Pasta & Meatsauce GF Veggie Green Beans Applesauce	19 th GF Chicken Burger on GF Roll GF Tatar Tots Baby Carrots & Hummus Fresh Fruit
22 nd Hamburger on GF Roll GF Oven Fries GF Baked Beans Orange Halves	23 rd GF Pizza Glazed Carrots GF Tossed Salad Banana	24 th Shepard's Pie GF Bread/Roll Beets Applesauce	25 th GF Pasta & Meatsauce GF Veggie Green Beans Pineapple Tidbits	26 th <small>EARLY RELEASE AT 1 PM</small> Chicken Fajitas w/Sliced Onions & Peppers Sweet Kernel Corn Pear Halves
29 th GF Sandwich GF Baked Beans Coleslaw Pineapple Chunks	30 th GF Pizza Butternut Squash GF Tossed Salad Fresh Fruit	31 st Chef Choice		

Alternative Choice: GF Chef Salad or GF Sandwich if ordered prior to 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