

UNION COMMUNITY SCHOOLS

LUNCH	GLUTEN FREE		October 2023	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PULLED PORK 2 ON GF BUN BAKED BEANS PEACHES FRUIT / VEGGIE BAR MILK	GF BBQ RIB 3 ON GF BUN CORN MANDARIN ORANGES FRUIT / VEGGIE BAR MILK	GF CHICKEN TENDERS WITH GF CHIPS 4 CALI MEDLEY W/CHEESE APPLESAUCE FRUIT / VEGGIE BAR MILK	GF CORNDOG 5 SWEET POTATO FRIES FRESH FRUIT FRUIT / VEGGIE BAR MILK	GLUTEN FREE PIZZA 6 GREEN BEANS PINEAPPLE FRUIT / VEGGIE BAR MILK
9	BEEF AND CHEESE 10 NACHOS REFRIED BEANS PEARS FRUIT / VEGGIE BAR MILK	GF CHICKEN TENDERS WITH GF CHIPS 11 CORN APPLESAUCE FRUIT / VEGGIE BAR MILK	GF HAMBURGER 12 ON GF BUN GARLIC BROCCOLI MANDARIN ORANGES FRUIT / VEGGIE BAR MILK	GLUTEN FREE PIZZA 13 GREEN BEANS FRESH FRUIT FRUIT / VEGGIE BAR MILK
NO SCHOOL				
GF BBQ RIB 16 ON GF BUN BAKED BEANS PEACHES FRUIT / VEGGIE BAR MILK	EARLY DISMISSAL 17 WALKING TACOS CORN PINEAPPLE FRUIT / VEGGIE BAR MILK	GF CHICKEN TENDERS WITH GF CHIPS 18 MASHED POTATOES GRAVY APPLESAUCE CUPS FRUIT / VEGGIE BAR MILK	EARLY DISMISSAL 19 GLUTEN FREE PIZZA GREEN BEANS FRESH FRUIT FRUIT / VEGGIE BAR MILK	20 NO SCHOOL
HOT DOG ON GF BUN 23 FRENCH FRIES FRUIT CUP FRUIT / VEGGIE BAR MILK	GF HAMBURGER 24 ON GF BUN CORN REFRIED BEANS MANDARIN ORANGES FRUIT / VEGGIE BAR MILK	1:00 PM DISMISSAL 25 GF CHICKEN TENDERS WITH GF CHIPS BROCCOLI WITH CHEESE PEARS FRUIT / VEGGIE BAR MILK	GF BBQ RIB 26 ON GF BUN BAKED POTATO FRESH FRUIT FRUIT / VEGGIE BAR MILK	GLUTEN FREE PIZZA 27 GREEN BEANS PINEAPPLE FRUIT / VEGGIE BAR MILK
GF CORNDOG 30 BAKED BEANS PEACHES FRUIT / VEGGIE BAR MILK	CHICKEN 31 FAJITAS (GF TORTILLA) CORN PEPPERS & ONIONS 100% JUICE FRUIT / VEGGIE BAR MILK	EVERYDAY THERE WILL BE A CHOICE OF A HAMBURGER ON BUN		

*Vegetable / Fruit Bar Contains: Fresh Romaine Lettuce, Tomatoes, Carrots, Cucumbers, & a 2nd Fruit Daily

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May Also Contain Other Choices Like Celery, Peppers, And Cauliflower. All Items On Menu Are Subject To Change Based On Product Availability.

BREAKFAST		GLUTEN FREE		October 2023	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2	3	4	5	6	
Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	
100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	
9	10	11	12	13	
NO SCHOOL	Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	
	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	
16	17	18	19	20	
Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	NO SCHOOL	
100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk		
23	24	25	26	27	
Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	
100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	
30	31	11/1	11/2	11/3	
Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	Choice: GF Cereal with Yogurt OR String Cheese	
100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	