

UNION COMMUNITY SCHOOLS

LUNCH					GLUTEN FREE					JANUARY 2024				
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
			HAMBURGER ON GLUTEN FREE BUN											
			*OFFERED DAILY WITH A FRUIT / VEGETABLE BAR & FRUIT / VEGETABLE OF THE DAY*											
1			2			3			4			5		
						GLUTEN FREE			GF RIB ON BUN			GLUTEN FREE PIZZA		
						CHICKEN TENDERS			(Quik to Fix Only)					
NO SCHOOL			NO SCHOOL			WITH GF CHIPS			FRENCH FRIES			GREEN BEANS		
						PEPPERS & ONIONS			PEACHES			PINEAPPLE		
						FRUIT CUP								
						FRUIT / VEGGIE BAR    MILK			FRUIT / VEGGIE BAR    MILK			FRUIT / VEGGIE BAR    MILK		
GLUTEN FREE CORNDOG    8			WALKING TACO    9			GLUTEN FREE    10			GF RIB ON BUN    11			GLUTEN FREE PIZZA    12		
OR HAMBURGER ON GF BUN			(Taco Meat, Cheese Cup, & GF Chips)			CHICKEN TENDERS			(Quik to Fix Only)					
TOMATO SOUP			REFRIED BEANS			MASHED POTATOES			STEAMED VEGGIES			GREEN BEANS		
PEARS			100% JUICE			GRAVY                    GF CHIPS			MANDARIN ORANGES			PINEAPPLE		
						APPLESAUCE CUP								
FRUIT / VEGGIE BAR    MILK			FRUIT / VEGGIE BAR    MILK			FRUIT / VEGGIE BAR    MILK			FRUIT / VEGGIE BAR    MILK			FRUIT / VEGGIE BAR    MILK		
15			GLUTEN FREE CORNDOG    16			GLUTEN FREE    17			SLOPPY JOE ON GF BUN    18			GLUTEN FREE PIZZA    19		
			OR HAMBURGER ON GF BUN			CHICKEN TENDERS								
NO SCHOOL			REFRIED BEANS			BAKED POTATO			SWEET POTATO FRIES			VEGGIES WITH CHEESE		
			CORN			APPLESAUCE			FRESH FRUIT			PINEAPPLE		
			PEACHES			GF CHIPS								
			FRUIT / VEGGIE BAR    MILK			FRUIT / VEGGIE BAR    MILK			FRUIT / VEGGIE BAR    MILK			FRUIT / VEGGIE BAR    MILK		
GLUTEN FREE CORNDOG    22			BEEF & CHEESE NACHOS    23			1:00 DISMISSAL			GF RIB ON BUN    25			GLUTEN FREE PIZZA    26		
OR HAMBURGER ON GF BUN						GLUTEN FREE    24			(Quik to Fix Only)					
GREEN BEANS			CORN			CHICKEN TENDERS			HASHBROWNS			COOKED CARROTS		
MANDARIN ORANGES			PEARS			BAKED BEANS			APPLESAUCE CUP			PINEAPPLE		
						PEACHES                    GF CHIPS								
FRUIT / VEGGIE BAR    MILK			FRUIT / VEGGIE BAR    MILK			FRUIT / VEGGIE BAR    MILK			FRUIT / VEGGIE BAR    MILK			FRUIT / VEGGIE BAR    MILK		
GLUTEN FREE CORNDOG    29			WALKING TACO    30			GLUTEN FREE    31								
OR HAMBURGER ON GF BUN			REFRIED BEANS			CHICKEN TENDERS								
BROCCOLI WITH CHEESE			CORN			MASHED POTATOES								
SLICED OR WHOLE APPLES			MANDARIN ORANGES			GRAVY                    GF CHIPS								
						ROSY APPLESauce								
FRUIT / VEGGIE BAR    MILK			FRUIT / VEGGIE BAR    MILK			FRUIT / VEGGIE BAR    MILK								

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

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		JANUARY 2024	
MONDAY		TUESDAY		WEDNESDAY	
1		2		3	
				Choice: GF Cereal with	
NO SCHOOL		NO SCHOOL		String Cheese or Yogurt Cup	
				100% Fruit Juice & Fruit	
				Milk	
8		9		10	
Choice: GF Cereal with		Choice: GF Cereal with		Choice: GF Cereal with	
String Cheese or Yogurt Cup		String Cheese or Yogurt Cup		String Cheese or Yogurt Cup	
100% Fruit Juice & Fruit		100% Fruit Juice & Fruit		100% Fruit Juice & Fruit	
Milk		Milk		Milk	
15		OMELET 16		17	
		Choice: GF Cereal with		Choice: GF Cereal with	
NO SCHOOL		String Cheese or Yogurt Cup		String Cheese or Yogurt Cup	
		100% Fruit Juice & Fruit		100% Fruit Juice & Fruit	
		Milk		Milk	
22		23		24	
Choice: GF Cereal with		Choice: GF Cereal with		Choice: GF Cereal with	
String Cheese or Yogurt Cup		String Cheese or Yogurt Cup		String Cheese or Yogurt Cup	
100% Fruit Juice & Fruit		100% Fruit Juice & Fruit		100% Fruit Juice & Fruit	
Milk		Milk		Milk	
29		OMELET 30		31	
Choice: GF Cereal with		Choice: GF Cereal with		Choice: GF Cereal with	
String Cheese or Yogurt Cup		String Cheese or Yogurt Cup		String Cheese or Yogurt Cup	
100% Fruit Juice & Fruit		100% Fruit Juice & Fruit		100% Fruit Juice & Fruit	
Milk		Milk		Milk	