

CYCLE MENU

2019-2020

GLUTEN FREE



GLUTEN FREE MENU

GF=Gluten Free SF=Soy Free

ELEMENTARY MENU & K-8

THIS MENU IS FOR APPROVED MEDICAL STATEMENTS ONLY

SAN MARCOS UNIFIED SCHOOL DISTRICT



SALAD BAR SERVED DAILY WITH AN ASSORTMENT OF FRUITS & VEGETABLES TO CHOOSE FROM.

V = VENDOR ITEM
S = SPECIAL ORDER



Rev. 10-3-2019
Any Questions? Call 760-752-1286

WG=Whole Grain

VEGETARIAN=

GF Trix Yogurt Available Daily Lunch--Call Cafeteria 1-2 days prior to request this

(GF Buns/Breads are Udi's and contain Egg)

Pork = (P)

GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:
Turkey Hot (V) on GF Bun (S) 	GF Grilled Cheese (V) on Gluten Free Bread (S) 	GF Cheese Pizza Mr. Sip's 	GF/EF Spaghetti Noodles(S) with Homemade Beef Meat sauce (V) 	Hamburger or Cheeseburger (V) on GF Bun (S)
605E Brunch for Lunch (2) 327E Turkey Hot Dog (2) 627E Hummus/ String Cheese/ Sunflower seeds & Crackers (2)	115E Mandarin Orange Chicken w/ Rice (1) 624E Grilled Cheese (2) 615E Yogurt/ String Cheese/ Roll (2)	112E D Golden Baked Chicken w/ Roll (2) 502E French Bread Cheese Pizza (2) 503E French Bread Pepperoni Pizza (2) (P) 332E Chef's Salad w/ Pretzel Goldfish & Roll (2)	204E D Spaghetti and Meat sauce (2) 164E Chicken Bites w/ Roll (2) 627E D Hummus/ String Cheese/ Sunflower seeds & Crackers (2) * Treat Day (see Back)	222E Cheeseburger (1.5) 201E Hamburger (1.5) 608E Bean and Cheese Burrito (2) 619E Veggie Melt (2)
GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:
GF/EF Rice Macaroni & Cheese -- Mr. Sips (S) or use Amy's if no dairy needed (S) 	GF Cheese Pizza Mr. Sip's 	206E Beef Taco Salad w/ Tortilla Chips GF 	653E GF Build Your Own Carnitas Taco (2) (P)	GF Grilled Cheese on Gluten Free Bread (S)
109E Chicken Strips (1) 607E Macaroni & Cheese (1) 615E Yogurt/ String Cheese/ Roll (2)	207E Teriyaki Beef Dippers w/ Rice (1) 500E Cheese Pizza (2) 501E Pepperoni Pizza (2) (P) 627E Hummus/ String Cheese/ Sunflower seeds & Crackers (2)	206E Beef Taco Salad w/ Tortilla Chips (2) 104E D Chicken Poppers w/ roll (2) 332E Chef's Salad w/ Pretzel Goldfish & Roll (2)	114E Hot Chicken Sandwich (2.5) 653E Build your own Carnitas Taco (2) (P) 615E Yogurt/ String Cheese/ Roll (2)	402E D Shrimp poppers with String Cheese and Roll (2.25) 624E Grilled Cheese (2) 619E Veggie Melt (2)
GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:
GF/EF Van's Waffle (S) & Pork Sausage Links (p) (V) 	626E GF Home-Style Chili w/ Tortilla Chips (V) 	GF/EF Rotini Noodles (S) with Homemade Beef Meat sauce (V) 	Turkey Hot (V) on GF Bun (S) 	Gf Chicken Strips W/ WG rice add GF Orange Sauce
609E Breakfast for Lunch (2) Pancake/Sag Link (P) 203E Beef Soft Taco (1) 627E Hummus/ String Cheese/ Sunflower Seeds & Crackers (2)	626 E Home-Style Chili w/ Tortilla Chips (2) 109E Chicken Bites w/ roll (2) 615E Yogurt/ String Cheese/ Roll (2)	208E D Twisteroni w/ Meat Sauce & Roll (2) 506E Cheese Stuffed Crust Pizza (2) 507E Pepperoni Stuffed Crust Pizza (2) (P) 332E Chef's Salad w/ Pretzel Goldfish & Roll (2)	112E D Golden Baked Chicken w/ Roll (2) 327E Turkey Hot Dog (2) 627E Hummus/ String Cheese/ Sunflower Seeds & Crackers (2) * Treat Day (see Back)	115E Mandarin Orange Chicken with Rice (1) 201E Hamburger (1.5) 222E Cheeseburger (1.5) 619E Veggie Melt (2)
GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:
Picnic Chicken (V) with GF Dinner Roll (S) 	GF/EF Rice Macaroni & Cheese -- Mr. Sips (S) or use Amy's if no dairy needed (S) 	206E Beef Taco Salad w/ Tortilla Chips (2) 	GF Chicken Strips & WG Rice (v) & GF Teriyaki Sauce (S) 	653E GF Build Your Own Carnitas Taco (2) (P)
137E H Pienie Chicken w/ Cornbread (2) 500E Cheese Pizza (2) 501E Pepperoni Pizza (2) (P) 615E Yogurt/ String Cheese/ Roll (2)	607E D Macaroni & Cheese (2) 104E D Chicken Poppers (2) 627E Hummus/ String Cheese/ Sunflower Seeds & Crackers (2) * Treat Day (see Back)	206E Beef Taco Salad w/ Tortilla Chips (2) 123E Mini Corn Dogs (2) 332E Chef's Salad w/ Pretzel Goldfish & Roll (2)	119E Teriyaki Chicken w/ WG Rice (1) 402E D Shrimp poppers with string cheese (1.25) 615E Yogurt/ String Cheese/ Roll (2)	114E Hot Chicken Sandwich (2.5) 653E Build Your Own Carnitas Taco (2) (P) 619E Veggie Melt (2)

Be Sure to Call the Cafeteria Site Manager by 7:30am if your student eats daily and will not be at school so they do not prepare their special meal. If your student does not eat daily, be sure to call by 7:30am the day before or earlier in the week/month if they will be eating so we can have a meal ready for them. Thank you! This menu is for students have an approved Medical Statement on file with Child Nutrition Services.

This institution is an equal opportunity provider.

PLEASE TURN OVER TO BACK FOR MORE INFORMATION

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2019-2020

GF-Gluten Free SF-Soy Free DF-Dairy Free EF-Egg Free

Elementary Menu

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WG=Whole Grain

VEGETARIAN=

GF Trix Yogurt Available Daily Lunch--Call Cafeteria 1-2 days prior to request this

(GF Buns/Breads are Udi's and contain Egg)

Pork = (p)

BREAKFAST ITEMS AVAILABLE TO OFFER--SITE MANAGERS CHOICE M-F (offer variety): Rice Chex or Rice Krispies Cereal (V) with GF Crackers (S) ; GF/DF/EF/SF Van's Waffle (S) with Pork Sausage Link (V), Turkey Ham or Turkey (V) with 1 slice GF Bread (S), GF Trix Yogurt (V) with GF Crackers (S) 1 x wk okay NOTE: GF Rolls/Bread do or may cont eggs

****Approved GF Crackers are currently K-Kritters (S) or Glutino Gluten Free animal crackers --GF/DF/EF Ranch Dressing Walden's, GF BBQ Sauce, GF Teriyaki Sauce, & GF Orange Sauce Available (SanJ) (S), Maple Syrup (V) Smiley Potato's GF/EF (V)**

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF PRODUCT

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* Treat Day (Offer GF Crackers for any cracker day (S) or Frozen Fruit Juice Treat (V) for any day this is offered)

WE HAVE A 4 WEEK CYCLE MENU --PLEASE REFER TO THE MONTHLY MENU TO SEE HOW THE WEEKS FALL EACH MONTH AT WWW.SMUSD.ORG/CNS
(PERSONAL PREFERENCES WILL NOT BE HONORED)

PLEASE CALL THE CAFETERIA IF YOUR CHILD WILL NOT BE EATING ON ANY GIVEN DAY IF THEY NORMALLY EAT DAILY WITH US!

CALL 760-752-1286 WITH ANY QUESTIONS AND WE WILL BE HAPPY TO ASSIST YOU! Thank you!

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