

CYCLE MENU

2019-2020

GLUTEN FREE MENU

GF-Gluten Free SF-Soy Free

HIGH SCHOOL

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. 10-28- 2019

Any Questions? Call 760-752-1286

WG=Whole Grain

VEGETARIAN=

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

Pork = (P)

BREAKFAST:

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 Cereal Rice Krispys or Chex	GF Waffles and Turkey Sausage Patties	GF Hamburger Bun with Egg & Sausage or Bacon & Cheese	GF Cereal Rice Krispys or Chex	GF Bread with Bacon and Egg & Cheese

DAILY LUNCH ITEMS AVAILABLE TO OFFER--SITE MANAGERS CHOICE M-F (offer variety)

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:
Chicken Stips plain on GF Roll Sandwich w/Fritos GF Orange Chicken Sauce sub GF 2.5 oz Chicken Strips plain w/ WG Rice Hummus, Co-Jack Cheese & SUB Gluten Free Crackers	GF EF Carnitas Tacos 263H GF Cheese Pizza Mr. Sip's Chicken Caesar Salad w/ GF Roll GF Teriyaki Sauce with GF Chicken Strips w/ WG Rice	GF Chicken Strips w/ GF Roll PB & J Sandwich GF Bread GF Spaghetti w/ GF Roll GF Mandarin Orange Chicken Sauce with Diced GF Chicken w/ WG Rice Turkey Club Salad w/GF Roll & GF Ranch dressing	Throw Back Thursday" GF Chicken Nuggets, GF Roll w/ Smiley Potatoes with Frozen Treat Cheeseburger w/ Chips Sub GF Bun Baked Chicken "N" GF Rol GF Cheese Pizza Mr.Sips All Beef Hotdog 226H SUB GF BUN	Hamburger or Cheeseburger on GF Bun (S) PB & J Sandwich on GF Bread GF Cheese Pizza Turkey & Provolone on GF Bread GF Chicken Chicken Strips on GF Bun Sandwich
Spicy Chicken Sandwich w/ Fritos 154H	Baja Style Fish Tacos Recipe 412H	164E Chicken Bites w/ Roll (2)	Chicken Peppers, Biscuit w/ Smiley Potatoes 104H	Grilled Burrito w/ Fiesta Salsa 630H
Turkey Club Sandwich w/ Pasta Salad 310H	French Bread Cheese or Pepperoni Pizza 503H	Chicken Strips w/ Cornbread 109H	Mini Cornedogs 123H	Stuft Crust Pepperoni Pizza 507H
Buffalo Bites w/ Celery & Jalapeno Cornbread 160H	Asian Noodle Chicken Salad 148H	Personal Pan Pepperoni 518H Vege 512H	Spicy Chicken Sandwich w/Ranch Packet 142H	Besee Sticks w/ Marinara Sauce
Besee Sticks w/Marinara Sauce 508H	Chicken Ciabatta Sandwich w/ Pasta Salad 116H	Besee Sticks w/Marinara Sauce	French Bread Cheese or Pepperoni Pizza	Chicken Chow Mein 129H
Stuft Crust Pepperoni Pizza 507H			Yogurt & Muffin	Spicy Chicken Ranch Salad w/ Crackers or Roll 140H

Be Sure to Call the Cafeteria Site Manager by 6:30am 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 6:30am 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.
CYCLE MENU

GLUTEN FREE MENU

SAN MARCOS UNIFIED SCHOOL DISTRICT

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

V = VENDOR ITEM
S = SPECIAL ORDER



2019-2020

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

Secondary Menu

THIS MENU IS FOR APPROVED MEDICAL STATEMENTS ONLY

****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

Please Be Sure to Call the Cafeteria Site Manager by 6:30am 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 6:30am 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.

*** 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!

This institution is an equal opportunity provider.

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