

Kane Area School District

2 Week Cycle Menu

GLUTEN FREE



Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Cheese on GF Bread Fruit Vegetable Low Fat Milk	Turkey Dog on GF Roll Fruit Vegetable Low Fat Milk	PB & J on GF Bread Fruit Vegetable Low Fat Milk	Ham & Cheese on GF Wrap Fruit Vegetable Low Fat Milk	Gluten Free Pizza Fruit Vegetable Low Fat Milk
Grilled Chicken Salad w/ GF Bread Fruit Vegetable Low Fat Milk	Cheeseburger on GF Roll Fruit Vegetable Low Fat Milk	Turkey & Cheese on GF Bread Fruit Vegetable Low Fat Milk	Chicken Taco on GF Soft Tortilla Fruit Vegetable Low Fat Milk	Gluten Free Pizza Fruit Vegetable Low Fat Milk

*GF = Gluten Free

Approved Side Dishes: (unless otherwise noted)

- Fresh or canned Fruit
- Vegetable and/or Fruit Juice
- Fresh or cooked Vegetables
- Ketchup, Miracle Whip, Mustard, Italian Dressing & Margarine
- Milk

Breakfast: Served w/100% Juice, Fruit & Almond Breeze

- Gluten Free Cereal w/Gluten Free Toast or Yogurt or String Cheese
 - (Cheerios, Rice Chex, Cinnamon Chex, Lucky Charms, Trix)
- Gluten Free English Muffin
- Gluten Free Toast with margarine and/or jelly w/Yogurt or String Cheese
- Sausage Patty on Gluten Free Toast/Bun

***Please note:

If dairy free is also necessary, Lactose Free Milk or Almond Breeze (as noted) will replace regular milk option. Additionally, cheese will be omitted/replaced with a protein, as needed.

Vegetables May Include:

Baby Carrots
 Celery Sticks
 Fresh Veggie Cup
 Broccoli Florets
 Cauliflower Florets
 Cucumber Slices
 Side Salad
 Fresh Red/Green Peppers
 Vegetable Juice
 Steamed Corn
 Steamed Broccoli
 Steamed Mixed Veg.
 Steamed Carrots
 Steamed Peas
 Refried Beans
 Roasted Chickpeas
 Baked Beans

Fruit Choices May Include:

Apple
 Banana
 Orange
 Fresh Pear
 Apple Slices
 Fruit Juice
 Raisins
 Craisins
 Grapes
 Mandarin
 Oranges
 Diced Peaches
 Pineapple Tidbits
 Diced Pears
 Tropical Fruit Salad
 Mixed Fruit
 Applesauce