

**HOLYOKE PUBLIC SCHOOLS  
SUMMER FOOD SERVICE PROGRAM  
NATIONAL SCHOOL LUNCH PROGRAM  
GLUTEN FREE BIC MENU  
SUMMER CYCLE 2019**



Monday	Tuesday	Wednesday	Thursday	Friday
Blueberry Muffin  OR Assorted Cereals  String Cheese Raisins 100% Juice	Apple Cinnamon Waffle OR Assorted Cereals  String Cheese Fresh Whole Fruit 100% Juice	Bagel, Jelly or Margarine OR Assorted Cereals  String Cheese Fresh Cut Pineapple 100% Juice	Yogurt  OR Assorted Cereals  String Cheese Fresh Whole Fruit 100% Juice	English Muffin, Jelly or Margarine OR Assorted Cereals  String Cheese Blueberry Cup 100% Juice
Blueberry Muffin  OR Assorted Cereals  String Cheese Craisins 100% Juice	French Toast  OR Assorted Cereals  String Cheese Fresh Whole Fruit 100% Juice	Cheddar Cheese Omelet OR Assorted Cereals  String Cheese Fresh Cut Honeydew 100% Juice	88 Acres Bar  OR Assorted Cereals  String Cheese Fresh Whole Fruit 100% Juice	Bagel, Jelly or Margarine OR Assorted Cereals  String Cheese Blueberry Cup 100% Juice
Blueberry Muffin  OR Assorted Cereals  String Cheese Raisins 100% Juice	French Toast  OR Assorted Cereals  String Cheese Fresh Whole Fruit 100% Juice	Bagel, Jelly or Margarine OR Assorted Cereals  String Cheese Fresh Cut Cantaloupe 100% Juice	Yogurt  OR Assorted Cereals  String Cheese Fresh Whole Fruit 100% Juice	English Muffin, Jelly or Margarine OR Assorted Cereals  String Cheese Blueberry Cup 100% Juice
Blueberry Muffin  OR Assorted Cereals  String Cheese Craisins 100% Juice	Apple Cinnamon Waffle OR Assorted Cereals  String Cheese Fresh Whole Fruit 100% Juice	Cheddar Cheese Omelet OR Assorted Cereals  String Cheese Fresh Cut Watermelon 100% Juice	88 Acres Bar  OR Assorted Cereals  String Cheese Fresh Whole Fruit 100% Juice	Bagel, Jelly or Margarine OR Assorted Cereals  String Cheese Blueberry Cup 100% Juice
1% AND FAT FREE MILK OFFERED DAILY				
<b>PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES</b>			<b>Menu items are subject to change</b>	

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SUMMER FOOD SERVICE LUNCH MENU  
GLUTEN FREE  
SUMMER CYCLE 2019**



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Turkey and Cheese Sandwich with Lettuce  Applesauce	Bacon Cheeseburger  Roasted Potatoes Fresh Fruit	Sunbutter and Jelly Sandwich  Applesauce	Taco Pasta Salad with Fajita Chicken (GF Pasta)  Steamed Corn Fresh Fruit	Grilled Chicken Sandwich with Lettuce and Tomato  Applesauce
Turkey BLT Sandwich  Chilled Mixed Fruit	Hot Dog  Roasted Sweet Potato Mash Fresh Fruit	Pasta Salad with Grilled Chicken (GF Pasta)  Chilled Mixed Fruit	Grilled Chicken Sandwich with Lettuce and Tomato  Steamed Corn Fresh Fruit	Bruschetta Chicken Sandwich  Baby Carrots Chilled Mixed Fruit
Ham and Cheese Sandwich with Lettuce  Chilled Peaches	Turkey and Cheese Sandwich with Lettuce  Fresh Fruit	Sunbutter and Jelly Sandwich  Chilled Peaches	Sloppy Joe Sandwich  Roasted Sweet Potato Mash Fresh Fruit	Chicken Salad Sandwich with Lettuce  Chilled Peaches
Turkey and Cheese Sandwich with Lettuce  Fresh Fruit	Grilled Chicken Sandwich with Lettuce and Tomato  Fresh Fruit	Ham and Cheese Sandwich with Lettuce  Chilled Pears	<u>Southwest Bento Box</u> Beef with Cheese Sauce and Scoops Tortilla Chips  Black Bean and Corn Salad Fresh Fruit	Sunbutter and Jelly Rice Krispies Wrap  Baby Carrots Chilled Pears

1% OR FAT FREE FLAVORED MILK OFFERED DAILY  
WATER OFFERED DAILY

**PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES**