

DECEMBER 2022

Northeastern Gluten Free

LUNCH



School Information
BREAKFAST \$1.85 REDUCED \$.30
LUNCH: ELEM \$2.45, MH \$2.80
REDUCED \$.40



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



HAMBURGER S/W **41G** **5**
 POTATO FRIES **29G**
 VEG. AND FRUIT CHOICES
 MILK
 CHIP BAG HS **15G**

PIZZA POCKET **59G** **6**
 CARROTS **12G** AND
 FRUIT CHOICES
 MILK

BEEF TACOS **20G** **7**
 CORN **20G** / BLACK BEANS **19G**
 FRUIT AND VEG. CHOICE
 MILK

SPAGHETTI BAKE **45G** **1**
 SALAD OR VEG. AND FRUIT
 1 SLICE OF BREAD **21G**
 MILK

CHICKEN SHAPES **13G** **2**
 HOT VEG. AND FRUIT
 1 BREAD HS **21G**
 MILK

HOTDOG S/W **34G** **12**
 POTATO FRIES **29G**
 FRUIT AND VEG. CHOICES
 MILK
 SNACK BAG HS **15G**

PIZZA POCKET **59G** **13**
 CARROTS **12G**
 FRUIT CHOICES
 MILK

BEEF NACHOS **39G** **14**
 CORN **20G** / REFRIED BEANS **20G**
 FRUIT CHOICES
 MILK

GR. CHICKEN S/W **40G** **8**
 MASHED POTATO'S **14G**
 FRUIT AND VEG. CHOICES
 MILK

CHICKEN SHAPES **13G** **9**
 GREEN BEANS **3G**
 FRUIT AND VEG. CHOICES
 1 BREAD HS **21G**
 MILK

SPAGHETTI BAKE **45G** **15**
 SALAD
 FRUIT AND VEG. CHOICES
 1 SLICE BREAD **21G**/MILK

CHICKEN SHAPES **13G** **16**
 POTATO FRIES **29G**
 HOT VEG. AND FRUIT CHOICES
 1 SLICE BREAD HS **21G**/MILK

GR. CHICKENS/W **40G** **19**
 HOT VEG AND FRUIT CHOICES
 MILK

PIZZA POCKET **59G** **20**
 FRUIT AND VEG. CHOICES
 MILK

WINTER BREAK **21**
 DECEMBER 21-JANUARY 4

22

23

26

27

28

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