

### Lunch Meal Prices

\$2.55 Middle School Price  
 .40 Reduced  
 \$3.30 Adult/Non-Student  
 \$3.30 Second Lunch  
 .50 Milk Price






# Lincoln Public Schools 6 - 12 Gluten Free Lunch Menu NOVEMBER 2014



### Gluten Free Menu

Highlighted items contain gluten

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SOUTHWEST CHICKEN SALAD</b> <b>NOVEMBER 3</b>	<b>HAWAIIAN TURKEY HAM SALAD</b> <b>NOVEMBER 4</b>	<b>MANDARIN ORANGE CHICKEN SALAD</b> <b>NOVEMBER 5</b>	<b>CHICKEN RANCH SALAD</b> <b>NOVEMBER 6</b>	<b>CHEF SALAD</b> <b>NOVEMBER 7</b>
<p><b>WHOLE GRAIN CHEESE STUFFED BREADSTICKS</b> WITH DIPPING SAUCE</p> <p>BBQ RIBLET ON WHOLE GRAIN BUN- sub a gluten and egg free bun</p> <p><b>BONELESS CHICKEN WINGS WITH BISCUIT</b></p>	<p>TURKEY SUB SANDWICH- sub a gluten and egg free bun</p> <p>HAMBURGER ON WHOLE GRAIN BUN-- sub a gluten and egg free bun</p> <p><b>HOT &amp; SPICY CHICKEN SANDWICH ON WHOLE GRAIN BUN</b></p>	<p>WHOLE GRAIN SPAGHETTI- use gluten and egg free pasta &amp; <b>MEATBALLS</b> – offer vegetarian spaghetti sauce</p> <p><b>BUFFALO CHICKEN STRIPS WITH WHOLE GRAIN BREADSTICK</b></p> <p><b>FISH &amp; CHEESE SANDWICH ON WHOLE GRAIN BUN</b></p>	<p><b>POPCORN CHICKEN WITH WHOLE WHEAT CINNAMON ROLL</b></p> <p>CHILI <b>WITH WHOLE WHEAT CINNAMON ROLL</b></p> <p>TOPPED BAKED POTATO <b>WITH WHOLE WHEAT CINNAMON ROLL</b></p>	<p>CHEESE PIZZA ON WHOLE WHEAT CRUST – sub gluten and egg free cheese pizza: 302789</p> <p>CHICKEN ALFREDO ON WHOLE GRAIN ROTINI – sub gluten and egg free pasta</p> <p>PHILLY CHEESE SANDWICH ON WHOLE GRAIN BUN – sub gluten and egg free bun</p>
<b>NOVEMBER 10</b>	<b>NOVEMBER 11</b>	<b>NOVEMBER 12</b>	<b>NOVEMBER 13</b>	<b>NOVEMBER 14</b>
<p>WHOLE GRAIN FRENCH TOAST STICKS – sub gluten and egg free waffles</p> <p>SAUSAGE LINKS+ TURKEY &amp; BACON BURGER- is gluten and egg free ON WHOLE GRAIN BUN- on gluten and egg free bun</p> <p><b>WHOLE GRAIN BEEF &amp; BEAN BURRITO</b></p>	<p>MUCHOS WHOLE GRAIN NACHOS-- plain ground beef or diced chicken- no taco seasoning</p> <p>BBQ CHICKEN ON WHOLE GRAIN BUN- sub gluten and egg free bun</p> <p><b>WHOLE GRAIN CHICKEN STRIPS WITH WHOLE GRAIN BREADSTICK</b></p>	<p>HAMBURGER PIZZA ON WHOLE GRAIN CRUST- sub gluten and egg free cheese pizza</p> <p><b>BREADED CHICKEN SANDWICH ON WHOLE GRAIN BUN</b></p> <p><b>FISH PLATTER WITH WHOLE WHEAT ROLL</b></p>	<p><b>WHOLE GRAIN CHICKEN NUGGETS WITH WHOLE WHEAT GARLIC BREAD</b></p> <p><b>WHOLE GRAIN LASAGNA WITH WHOLE WHEAT GARLIC BREAD</b></p> <p>SWEET &amp; SOUR <b>MEATBALLS</b>- use diced chicken ON BROWN RICE</p>	<p>SLOPPY JOE ON WHOLE GRAIN BUN – sub gluten and egg free bun</p> <p><b>WHOLE GRAIN CORN PUPPIES</b></p> <p><b>GENERAL TSO CHICKEN ON BROWN RICE</b></p>
<b>NOVEMBER 17</b>	<b>NOVEMBER 18</b>	<b>NOVEMBER 19</b>	<b>NOVEMBER 20</b>	<b>NOVEMBER 21</b>
<p><b>CHICKEN FINGERS WITH WHOLE GRAIN BREADSTICK</b></p> <p><b>WHOLE GRAIN BEEF AND BEAN BURRITO</b></p> <p><b>WHOLE GRAIN CALZONETTES WITH DIPPING SAUCE</b></p> <p>Sun butter &amp; jelly on gluten and egg free bread</p>	<p>WHOLE GRAIN ITALIAN DUNKER – use gluten and egg free hot dog bun</p> <p>TURKEY HOT DOG ON WHOLE GRAIN BUN – use gluten and egg free hot dog bun</p> <p><b>TURKEY TETRAZZINI WITH WHOLE WHEAT ROLL</b></p>	<p><b>PEPPERONI PIZZA+ ON WHOLE WHEAT CRUST</b></p> <p>WHOLE GRAIN CHICKEN &amp; CHEESE QUESADILLA – sub soft gluten and egg free tortilla shell</p> <p><b>FISH PLATTER WITH WHOLE GRAIN BREADSTICK</b></p>	<p>CREAMED TURKEY – no gravy, plain turkey is gluten and egg free</p> <p><b>WHOLE WHEAT ROLL</b></p> <p><b>BREADED BEEF STICKS WITH WHOLE WHEAT ROLL</b></p> <p><b>BBQ PORK SANDWICH+ ON WHOLE GRAIN BUN</b></p>	<p>MEXI PIZZA ON WHOLE WHEAT CRUST – sub gluten and egg free cheese pizza</p> <p><b>WHOLE GRAIN CORN PUPPIES</b></p> <p><b>WHOLE GRAIN CHICKEN STRIPS WITH WHOLE GRAIN BREADSTICK</b></p>
<b>NOVEMBER 24</b>	<b>NOVEMBER 25</b>	<b>NOVEMBER 26</b>	<b>NOVEMBER 27</b>	<b>NOVEMBER 28</b>
<p><b>ASIAN CHICKEN TERIYAKI ON WHOLE GRAIN BROWN RICE</b></p> <p><b>COUNTRY BEEF SANDWICH ON WHOLE GRAIN BUN</b></p> <p>WHOLE GRAIN CHICKEN VEGGIE WRAP – use gluten and egg free tortilla wrap</p>	<p>WHOLE GRAIN GRILLED CHEESE SANDWICH –use gluten and egg free bread</p> <p>SAVORY ROASTED CHICKEN NUGGETS <b>WITH WHOLE GRAIN BISCUIT</b></p> <p><b>STUFFED CRUST PEPPERONI PIZZA</b></p>	<p></p> <p><b>NO SCHOOL</b></p>	<p><b>NO SCHOOL</b></p> <p></p>	<p><b>NO SCHOOL</b></p> <p></p>

Menu subject to change without notice. Menus also located at The nutrition information provided above is from nutrition product information provided by manufacturers of foods served at LPS as of 08/14 as well as information from Handbook 8 and the USDA nutrient data base. Lincoln Public Schools, Nutrition Services Department is not responsible for nutritional inaccuracies listed herein. Items are not certified gluten and egg free, but have no gluten and egg in the ingredient list. Gluten and egg is present in the school environment.