



Allendale Public Schools

Gluten Free

October 2024 Menu

Breakfast w/ Milk -.00 All buildings will have a GF cereal available daily.

Lunch w/ Milk-.00

**LUNCHES MUST BE ORDERED BY EMAILING
BROUWERJOD@APSFALCONS.NET BY 9:00 AM**

Meals are transported to your students building, if they are not ordered they won't have a lunch. All options may contain Dairy & Egg.

Monday	Tuesday	Wednesday	Thursday	Friday
30 GF Waffles Sausage Patty <u>Sides</u> Potato Triangle Applesauce	1 Cheeseburger on a GF Bun <u>Sides</u> Leafy Greens Oranges	2 Yogurt, Cheese Stick & KIND or LUNA Bar w/ Fruit <u>Sides</u> Broccoli Pears	3 GF Chicken Nuggets <u>Sides</u> Baked Beans Peaches	4 GF Pizza Pocket Pepperoni & Cheese <u>Sides</u> Carrots Strawberry Cup
7 GF Chicken Nuggets <u>Sides</u> Green Beans Watermelon	8 Lunch Kit - Remove Crackers Replace with GF crackers, Fruit Roll <u>Sides</u> Carrots Grapes	9 SW Salad, Grilled Chicken, Black Bean Relish, Tortilla Strips <u>Sides</u> Fiesta Beans Strawberry Cup	10 Hot Dog On A GF Bun <u>Sides</u> Potato Smiles Apple Slices	11 GF Pizza Pocket Pepperoni & Cheese <u>Sides</u> Broccoli Pears
14 GF Waffles, sausage patty & egg patty <u>Sides</u> Dragon Punch Applesauce	15 GF Pizza Pocket Pepperoni & Cheese <u>Sides</u> Baked Beans Diced Pears	16 Half Day Breakfast Only	17 Half Day Breakfast Only	18 No School Today
21 GF Pizza Pocket Pepperoni & Cheese <u>Sides</u> Broccoli Applesauce	22 Cheeseburger on GF Bun <u>Sides</u> Cucumber Slices Oranges	23 Yogurt, Cheese Stick & KIND or LUNA Bar w/ Fruit <u>Sides</u> Carrots Apple	24 SW Salad, Grilled Chicken, Black Bean Relish, Tortilla Strips <u>Sides</u> Fiesta Beans Diced Peaches	25 GF Chicken Nuggets <u>Sides</u> Corn Fruit Sidekick
28 GF Waffles , w/ Sausage Patty <u>Sides</u> Potato Triangles Applesauce	29 GF Pizza Pocket Pepperoni & Cheese <u>Sides</u> Leafy Greens Orange Slices	30 GF Chicken Nuggets <u>Sides</u> Baked Beans Peaches	31 Hot Dog On A GF Bun <u>Sides</u> Broccoli Pears Orange Sherbet 	1 Turkey & Cheese Sub Sandwich on GF Bun GF Chips <u>Sides</u> Carrots Strawberry Cup

All menu items may contain: milk, eggs, fish/shellfish, or soy. *Contains Pork If you have qualified for benefits in the past, please fill out an application on-line at allendale.familyportal.cloud USDA is an equal opportunity employer and provider. Please contact Jodi Brouwer, FSD at 616.892.5591 for more information.