

# Ridgefield Elementary Schools

## GLUTEN FRIENDLY LUNCH MENU

June 2023



5 **GF Pasta with Marinara**  
Roasted Broccoli  
Fresh Fruit  
Hormone Free Milk

6 **GF Chicken Fajita Quesadilla**  
Kickin' Pinto Beans  
Fresh Fruit  
Hormone Free Milk

7 **GF Baked Potato with Cheese**  
Steamed Carrots  
Fresh Fruit  
Hormone Free Milk

8 **GF Bagel or Muffin**  
Turkey Sausage  
Baked Tator Tots  
Fresh Fruit  
Hormone Free Milk

9 **GF Cheese Pizza**  
Roasted Brussel Sprouts  
Fresh Fruit  
Hormone Free Milk

**All Lunches Must Include Choice of:**

Fruit, 100% Fruit Juice and/or Vegetable

**And May Include:**

Skim, 1% Low-Fat Milk, or Low Fat Chocolate Milk  
*\*Hormone Free\**

**Week 1 Features Hot:** Hamburger or Cheeseburger on GF Bun **Cold:** Garden Salad with Chicken

12 **GF Pasta with Marinara or Beef Meatsauce**  
Roasted Cauliflower  
Fresh Fruit  
Hormone Free Milk

13 **Chicken Nachos on GF Corn Chips**  
BBQ Black Beans  
Fresh Fruit  
Hormone Free Milk

14 **GF Chicken Tenders**  
Baked French Fries  
Fresh Fruit  
Hormone Free Milk

15 **GF Bagel or Muffin**  
Turkey Sausage  
Cinnamon Sweet Potato  
Fresh Fruit  
Hormone Free Milk

16 **GF Cheese Pizza**  
Steamed Broccoli  
Steamed Peas  
Hormone Free Milk

**Week 2 Features Hot:** Cheese Melt on GF Bread **Cold:** Turkey & American Cheese Sandwich on GF Bread

**Served Daily**  
SunButter Sandwich served with mozzarella cheese stick

Bagel Fun Lunch  
Whole Grain Bagel  
Mozzarella Cheese Stick  
Yogurt

19 **Early Dismissal**  
**GF Bagel or Cereal**  
Yogurt  
Cheese Stick  
Carrots  
Fresh Fruit  
Hormone Free Milk

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**Student Lunch**  
**Free**  
**Adult Lunch**

**\$4.00**  
Menu Items Subject to change based on product availability