

# CYCLE MENU

2019-2020

## GLUTEN FREE MENU

GF-Gluten Free SF-Soy Free

### MIDDLE SCHOOL

THIS MENU IS FOR APPROVED MEDICAL STATEMENTS ONLY

SAN MARCOS UNIFIED SCHOOL DISTRICT

**SALAD BAR SERVED DAILY WITH AN ASSORTMENT OF FRUITS & VEGETABLES TO CHOOSE FROM.**

V = VENDOR ITEM  
S = SPECIAL ORDER



Rev. 11-5- 2019

Any Questions? Call 760-752-1286

WG=Whole Grain

VEGETARIAN=

(GF Buns/Breads are Udi's and contain Egg)

Pork = (P)

#### BREAKFAST ITEMS AVAILABLE TO OFFER--SITE MANAGERS CHOICE M-F (offer variety):

GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:
GF Cereal Rice Krispys or Chex <sup>V</sup>	GF Waffles and Turkey Sausage Patties	GF Hamburger Bun with Egg & Sausage or Bacon cheese	GF Cereal Rice Krispys or Chex <sup>V</sup>	GF Bread with Bacon and Egg and Cheese

#### GF DAILY LUNCH ITEMS AVAILABLE TO OFFER--SITE MANAGERS CHOICE M-F (offer variety):

GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:	GLUTEN FREE OPTION AVAILABLE BELOW:
Chicken Stips plain on GF Roll Sandwich w/Fritos GF Orange Chicken Sauce sub GF 2.5 oz Chicken Strips plain w/ WG Rice Hummus, Co-Jack Cheese & SUB Gluten Free Crackers	GF EF Carnitas Tacos 263M Hamburger or Cheeseburger on GF Bun (S) GF Cheese Pizza Mr. Sip's Chicken Caesar Salad w/ GF Roll All Beef Hotdog SUB GF BUN	Cheeseburger w/ Chips Sub GF PB & J Sandwich GF Bread GF Mandarin Orange Chicken Sauce with Diced GF Chicken w/ WG Rice Turkey Club Salad w/GF Roll & GF Ranch dressing	Throw Back Thursday" GF Chicken Nuggets, GF Roll w/ Smiley Potatoes with Frozen Treat Bun Baked Chicken "N" GF Roll GF Cheese Pizza <sup>GF</sup> Spaghetti w/ GF Roll	Chicken Caesar Salad w/ GF Roll PB & J Sandwich on GF Bread GF Cheese Pizza Turkey & Provolone on GF Bread GF Chicken Chicken Strips on GF Bun Sandwich
<del>Spicy Chicken Sandwich w/Fritos 154M</del>	<del>Baja Style Fish Tacos Recipe 412M</del>	<del>Spicy Chicken Sandwich 142M</del>	<del>Chicken Poppers, Biscuit w/ Smiley Potatoes 104M</del>	<del>Stuft Crust Pepperoni Pizza 507M</del>
<del>Buffalo Bites w/ Celery &amp; Jalapeno Cornbread 160M</del>	<del>Yogurt &amp; Muffin 615M</del>	<del>Bosco Sticks w/Marinara Sauce 508M</del>	<del>Mini Corndogs 123M</del>	<del>Bosco Sticks w/ Marinara Sauce</del>
<del>Bosco Sticks w/Marinara Sauce 508M</del>	<del>Personal Pan Pepperoni Pizza 518M</del>	<del>Spicy Ranch Salad w/ Crackers or Roll 140M</del>	<del>Premium Chicken Sandwich 157M</del>	<del>Fiery Chicken Wrap 156M</del>
<del>Stuft Crust Pepperoni Pizza 507M</del>			<del>French Bread Cheese or Pepperoni Pizza 502M</del>	
			<del>Yogurt &amp; Muffin 615M</del>	

Be Sure to Call the Cafeteria Site Manager by 6:30am if your student eats daily and will not be at school so they do not prepare their special meal. If your student does not eat daily, be sure to call by 6:30am the day before or earlier in the week/month if they will be eating so we can have a meal ready for them. Thank you! This menu is for students have an approved Medical Statement on file with Child Nutrition Services.

This institution is an equal opportunity provider.  
**CYCLE MENU**

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Secondary Menu

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**\*\*Approved GF Crackers are currently K-Kritters (S) or Glutino Gluten Free animal crackers --GF/DF/EF Ranch Dressing Walden's, GF BBQ Sauce, GF Teriyaki Sauce, & GF Orange Sauce Available (SanJ) (S), Maple Syrup (V) Smiley Potato's GF/EF (V)**

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF PRODUCT

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**\* Treat Day (Offer GF Crackers for any cracker day (S) or Frozen Fruit Juice Treat (V) for any day this is offered)**

**WE HAVE A 4 WEEK CYCLE MENU --PLEASE REFER TO THE MONTHLY MENU TO SEE HOW THE WEEKS FALL EACH MONTH AT [WWW.SMUSD.ORG/CNS](http://WWW.SMUSD.ORG/CNS)  
(PERSONAL PREFERENCES WILL NOT BE HONORED)**

**PLEASE CALL THE CAFETERIA IF YOUR CHILD WILL NOT BE EATING ON ANY GIVEN DAY IF THEY NORMALLY EAT DAILY WITH US!**

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**CALL Terri Mitchell @ 760-752-1286 WITH ANY QUESTIONS AND WE WILL BE HAPPY TO ASSIST YOU! Thank you!**