



# NOVEMBER

## 2024 GLUTEN FREE MENU

### LUNCH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Our menu incorporates organic and local ingredients. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Iliamna Salmon as well as other local producers.

\*Menu Items are subject to change based on availability\*

**1**  
Carrot Mac and Cheese  
Carrot Disks  
Broccoli  
**\*Gluten free pasta**

**4**  
Yellow Rice  
Turkey Tacos  
Fiesta Corn & Bean Salad

**5**  
Swedish Meatballs  
Creamy Smashed Potatoes  
Peas

**6**  
Quinoa Pasta  
Creamy Tomato Soup  
Broccoli

**7**  
Beef Tagliarini  
Buttered Corn  
Cheesy Cauliflower  
**\*Gluten free pasta**

**8**  
Chicken Breast Strips  
Roasted Whipped Sweet Potatoes  
Carrots Disks

**11**  
Tandoori Chicken  
Steamed Rice  
Veggie Chickpea  
Tikka Masala

**12**  
Quinoa Pasta  
Turkey Bolognese  
Broccoli

**13**  
BBQ Chicken Strips  
Corn  
Peas

**14**  
Beef Sliders with Tomato Glaze  
Steamed Rice  
Green Beans

**15**  
Quinoa Pasta with Marinara  
Kale Pesto White Beans  
Carrot Disks

**18**  
Arroz con Pollo  
Mexican Street Corn  
Cumin Spiced Carrot Disks

**19**  
Quinoa Pasta  
Tomato Mascarpone Sauce  
Peas & Carrots

**20**  
Mediterranean Turkey Meatballs  
Turmeric Cauliflower  
Broccoli

**21**  
Scallion Chicken Breast Strips  
Creamy Smashed Potatoes  
Carrot Disks

**22**  
Quinoa Pulled BBQ Beef  
Broccoli

**25**  
Beef Ricotta Meatballs with Marinara  
Steamed Rice  
Cheesy Cauliflower

**26**  
Yellow Rice  
Turkey Tacos  
Green Beans

**27**  
Fontina Mac & Cheese  
Carrot Disks  
Broccoli  
**\*Gluten free pasta**

**28**  
**NO SCHOOL**

**29**  
**NO SCHOOL**