

# Hopewell Area Lunch Gluten Free Menu

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## What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

**\*Students must choose at least one fruit or vegetable**



## Fresh Fruits and Vegetables Offered Daily

### \*Vegetables include:

Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber

\*May choose two 1/2 cup servings

### \*Fruits include:

Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Diced Pears  
Applesauce  
\*May choose 1/2 cup serving

**MENUS SUBJECT TO CHANGE**



## Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
Fat Free White and Low Fat White

Lunch Prices:  
Paid \$2.40  
Reduced \$.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/1 No School	1/2 No School	1/3 Grilled Cheese on GF Bread Steamed Broccoli Fruit Choice Milk Choice	1/4 GF Pasta w/ Meatsauce Romaine Salad Fruit Choice Milk Choice	1/5 GF Cheese Pizza Green Beans Fruit Choice Milk Choice
1/8 Ham and Cheese on GF Bun Mashed Potatoes Fruit Choice Milk Choice	1/9 GF Chicken Patty on a GF Bun Refried Beans Fruit Choice Milk Choice	1/10 Sausage Egg and Cheese Sandwich on a GF Bun Tater Tots Fruit Choice Milk Choice	1/11 Hot Dog on a GF Bun Broccoli Fruit Choice Milk Choice	1/12 GF Cheese Pizza Sweet Potato Fries Fruit Choice Milk Choice
1/15 No School MLK Jr Day	1/16 GF Chicken Patty on a GF Bun Sweet Corn Fruit Choice Milk Choice	1/17 Cheeseburger on GF Bun Green Beans Fruit Choice Milk Choice	1/18 GF Chicken Nuggets w/ a GF Roll Steamed Broccoli Fruit Choice Milk Choice	1/19 GF Cheese Pizza Baked Beans Fruit Choice Milk Choice
1/22 Hot Dog on a GF Bun Broccoli Fruit Choice Milk Choice	1/23 Chicken Patty on a GF Bun Mashed Potatoes Fruit Choice Milk Choice	1/24 Cheeseburger on GF Bun Sweet Corn Fruit Choice Milk Choice	1/24 GF Chicken Nuggets w/ a GF Roll Steamed Carrots Fruit Choice Milk Choice	1/26 GF Cheese Pizza Baked Beans Fruit Choice Milk Choice
1/29 Hot Dog on a GF Bun French Fries Fruit Choice Milk Choice	1/30 Chicken Patty on a GF Bun Broccoli Fruit Choice Milk Choice	1/31 Cheeseburger on GF Bun Glazed Carrots Fruit Choice Milk Choice		
			School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE	We are so glad your child has chosen to eat with us. Please let us know which day (s) they would like to eat.