

# 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 \$2.25  
Reduced \$.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11/1 Sausage Egg and Cheese Sandwich on GF Bun  Tater Tots Fruit Choice Milk Choice	11/2 GF Pasta w/ Meatsauce Steamed Green Beans Fruit Choice Milk Choice	11/3 GF Cheese Pizza Steamed Broccoli Fruit Choice Milk Choice
11/6 Hot Dog on GF Bun Seasoned Carrots Fruit Choice Milk Choice	11/7 No School Act 80 Day	11/8 Cheeseburger on GF Bun Seasoned Broccoli Fruit Choice Milk Choice	11/9 GF Chicken Nuggets w/ a GF Roll Seasoned Green Beans Fruit Choice Milk Choice	11/10 No School Veteran's Day
11/13 Ham and Cheese on GF Bun Steamed Peas Fruit Choice Milk Choice	11/14 GF Pasta w/ Meatsauce Romaine Salad Fruit Choice Milk Choice	11/15 Oven Roasted Turkey Mashed Potatoes Fruit Choice Milk Choice	11/16 GF Chicken Nuggets w/ a GF Roll Sweet Corn Fruit Choice Milk Choice	11/17 GF Cheese Pizza Baked Beans Fruit Choice Milk Choice
11/20 Grilled Cheese on GF Bread Steamed Broccoli Fruit Choice Milk Choice	11/21 GF Chicken Patty on GF Bun Steamed Peas Fruit Choice Milk Choice	11/22 Cheeseburger on GF Bun Sweet Potato Fries Fruit Choice Milk Choice	11/23 No School	11/24 No School
11/27 No School	11/28 GF Chicken Nuggets w/ a GF Roll Seasoned Broccoli Fruit Choice Milk Choice	11/29 Cheeseburger on GF Bun Mashed Potatoes Fruit Choice Milk Choice	11/30 GF Chicken Nuggets w/ a GF Roll Baked Beans 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.