

# Allendale Public Schools

## Gluten Free

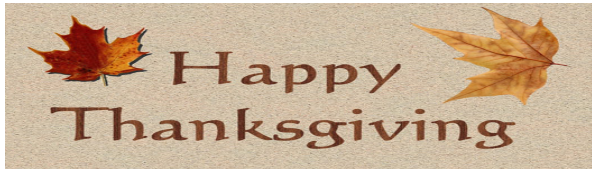
### November 2023

Breakfast w/ Milk -.00 All buildings will be a GF cereal available daily.

Lunch w/ Milk-.00

**LUNCHESES MUST BE ORDERED BY EMAILING  
BROUWERJOD@APSFALCONS.NET BY 9:00 AM**

**Meals are transported to your students building if they are not ordered they won't have a lunch. All options may contain Dairy & Egg**

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>6</b> GF Waffle w/ Sausage Patty  <u>Sides</u> Potato Triangle Applesauce	<b>7</b> GF Pizza Pocket Pepperoni & Cheese  <u>Sides</u> Leafy Greens Oranges	<b>8</b> GF Chicken Nuggets  <u>Sides</u> Baked Beans Peaches	<b>9</b> Yogurt, Cheesestick & KIND Bar w/ Fruit  <u>Sides</u> Steamed Broccoli Diced Peas	<b>10</b> Turkey & Cheese GF Sub Sandwich w/ Chips  <u>Sides</u> Carrots Strawberry Cup	
<b>13</b> GF Pizza Pocket Pepperoni & Cheese  <u>Sides</u> California Blend Watermelon	<b>14</b> Cheeseburger On a Bun  <u>Sides</u> Potato Rounds Grapes	<b>15</b> SW Salad Grilled Chicken, Black Bean Relish, Tortilla Strips <u>Sides</u> Fiesta Beans Strawberry Cup	<b>16</b> Grilled Chicken  <u>Sides</u> Mashed Potatoes Green Beans Applesauce	<b>17</b> GF Pizza Pocket Pepperoni & Cheese  <u>Sides</u> Carrots Pears	
<b>20</b> GF Chicken Nuggets  <u>Sides</u> Dragon Punch Applesauce	<b>21</b> GF Pizza Pocket Pepperoni & Cheese  <u>Sides</u> Carrots Diced Peas	<b>22</b> <b>No Lunch</b>  <b>23</b> <b>No Lunch</b>			<b>24</b> <b>No Lunch</b>
<b>27</b> Chef Salad with Turkey, Ham & Cheese  <u>Sides</u> Broccoli Applesauce	<b>28</b> GF Pizza Pocket Pepperoni & Cheese  <u>Sides</u> Cucumber Slices Oranges	<b>29</b> Grilled Chicken Sandwich  <u>Sides</u> Carrots W/ Dip Apple	<b>30</b> Hot Dog On A Bun  <u>Sides</u> Potato Smiles Diced Peaches	<b>1</b> GF Chicken Nuggets  <u>Sides</u> Baked Beans Fruit Sidekick	

All menu items may contain: milk, eggs, fish/shellfish, or soy. \*Contains Pork If you have qualified for benefits in the past, please fill out an application on-line at [allendale.familyportal.cloud](http://allendale.familyportal.cloud) USDA is an equal opportunity employer and provider. Please contact Jodi Brouwer, FSD at 616.892.5591 for more information.