

## Gluten Free Menu 2012-2013

**Must be pre ordered By 9:00 am**

**Menu #1  
Monday**

**GF** Teriyaki Chicken  
over Brown Rice  
Jello Cup (Hunts)

Side Salad  
Fruits & Vegies  
Beverage  
(Milk,or Water bottle)

**Menu#2  
Tuesday**

Grilled Chicken  
Sandwich/**GF** Bun  
Lay's Potato Chip

Side Salad  
Fruits & Vegies  
Beverage  
(Milk,or Water bottle)

**Menu#3  
Wednesday**

Cheeseburger w/  
**GF Pattie GF bun**  
1-1/2 oz cheese  
Potatoes,Puffs or Fries  
*Side Salad*  
Fruits & Vegies  
Beverage  
(Milk,or Water bottle)

**Menu#4  
Thursday**

**GF** Chicken Nuggets  
Potatoes,Puffs or Fries

Side Salad  
Fruits & Vegies  
Beverage  
(Milk,or Water bottle)

**Menu#5  
Friday**

**GF** Cheese Pizza  
1 Pizza  
Lay's Potato Chip

Side Salad  
Fruits & Vegies  
Beverage  
(Milk,or Water bottle)

## LUNCH WASATCH SCHOOL DISTRICT

**ALL ELEMENTARY, TIS AND RMMS**

### **Gluten Free Wasatch High School**

**Menu #1  
Monday**

**GF** Chicken Nuggets  
Potatoes,Puffs or Fries

Side Salad  
Fruits & Vegies  
Beverage  
(Milk,or Water bottle)

**Menu#2  
Tuesday**

Grilled Chicken  
Sandwich/**GF** Bun  
Lay's Potato Chip

Side Salad  
Fruits & Vegies  
Beverage  
(Milk,or Water bottle)

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Cheeseburger w/  
**GF Pattie GF bun**  
1-1/2 oz cheese  
Potatoes,Puffs or Fries  
*Side Salad*  
Fruits & Vegies  
Beverage  
(Milk,or Water bottle)

**Menu#4  
Thursday**

**GF** Teriyaki Chicken  
over Brown Rice  
Jello Cup (Hunts)

Side Salad  
Fruits & Vegies  
Beverage  
(Milk,or Water bottle)

**Menu#5  
Friday**

**GF** Cheese Pizza  
1 Pizza  
Lay's Potato Chip

Side Salad  
Fruits & Vegies  
Beverage  
(Milk,or Water bottle)

*School Food Services Supervisor*

*Office 435-654-0280 ext 4110*

*Cell 435-671-5071*

[darren.wilkins@wasatch.edu](mailto:darren.wilkins@wasatch.edu)