

# May Gluten Free Breakfast Menu



## Eagle Academy Public Charter School

Congress Heights  
Capitol Riverfront



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
|   |  | <b>1</b><br><b>Gluten Free Cereal</b><br>Yogurt<br>Banana<br>Skim or 1% Milk  | <b>2</b><br>Potato & Cheese<br>Frittata<br><b>Gluten Free English Muffin</b><br>Fresh Orange Wedges<br>Skim or 1% Milk | <b>3</b><br><b>Gluten Free Cereal</b><br><b>Cheese Stick</b><br>Fresh Honeydew<br>Wedge<br>Skim or 1% Milk        |
| <b>6</b><br>Scrambled Eggs with<br>Cheese on <b>Gluten Free English Muffin</b><br>Pineapple Chunks<br>Skim or 1% Milk | <b>7</b><br><b>Gluten Free Waffles with Syrup</b><br>Fresh Peach<br>Skim or 1% Milk              | <b>8</b><br><b>Gluten Free Oatmeal</b><br>with Dried Cranberries<br>& Raisins<br>Local Fresh Apple<br>Skim or 1% Milk | <b>9</b><br><b>Gluten Free Cereal</b><br>Cheese Stick<br>Banana<br>Skim or 1% Milk                                     | <b>10</b><br><b>Gluten Free Cereal</b><br>Yogurt<br>Fresh Orange<br>Skim or 1% Milk                               |
| <b>13</b><br><b>Gluten Free English Muffin</b> w/ Jelly<br>Cheese Stick<br>Pineapple Chunks<br>Skim or 1% Milk        | <b>14</b><br>Turkey Ham & Egg Bake<br><b>Gluten Free Toast</b><br>Fresh Peach<br>Skim or 1% Milk | <b>15</b><br><b>Gluten Free Cereal</b><br>Yogurt<br>Local Fresh Apple<br>Skim or 1% Milk                              | <b>16</b><br><b>Gluten Free Waffles with Syrup</b><br>Banana<br>Skim or 1% Milk  | <b>17</b><br><b>Gluten Free Oatmeal</b><br>with Dried Cranberries<br>& Raisins<br>Fresh Orange<br>Skim or 1% Milk |
| <b>20</b><br><b>Gluten Free Oatmeal</b><br>Turkey Sausage<br>Pineapple Chunks<br>Skim or 1% Milk                      | <b>21</b><br><b>Gluten Free Waffles with Syrup</b><br>Fresh Peach<br>Skim or 1% Milk             | <b>22</b><br>Broccoli & Cheddar<br>Egg Bake<br><b>Gluten Free Toast</b><br>Local Fresh Apple<br>Skim or 1% Milk       | <b>23</b><br><b>Gluten Free English Muffin</b> w/ Jelly<br>Cheese Stick<br>Banana<br>Skim or 1% Milk                   | <b>24</b><br>Yogurt<br><b>Gluten Free Cereal</b><br>Fresh Orange<br>Skim or 1% Milk                               |
| <b>27</b><br>Memorial Day<br>No School  | <b>28</b><br><b>Gluten Free Cereal</b><br><b>Cheese Stick</b><br>Fresh Peach<br>Skim or 1% Milk  | <b>29</b><br>Turkey Sausage &<br>Egg on a <b>Gluten Free English Muffin</b><br>Local Fresh Apple<br>Skim or 1% Milk   | <b>30</b><br>Yogurt<br><b>Gluten Free Cereal</b><br>Banana<br>Skim or 1% Milk  | <b>31</b><br>Potato & Cheese<br>Frittata<br><b>Gluten Free English Muffin</b><br>Fresh Orange<br>Skim or 1% Milk  |

# May Gluten Free Lunch Menu



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| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|
|  |  | <b>1</b><br>Curried Chicken<br>Brown Rice<br>Steamed Cauliflower<br>Roasted Chickpeas<br>Fresh Apple<br>Milk Variety  | <b>2</b><br>Turkey & Cheese<br>Sandwich on <b>Gluten Free Bread</b><br>Southern Potato Salad<br>Carrot Slaw<br>Banana<br>Milk Variety       | <b>3</b><br>Chicken Caesar Salad<br>with Mixed Greens<br><b>Gluten Free Bread</b><br>Diced Tomatoes<br>Orange Wedges<br>Milk Variety        |
| <b>6</b><br>Sweet & Sour Pinto<br>Beans<br>Fried Brown Rice<br>Local Sautéed Zucchini<br>& Onions<br>Mixed Greens Salad<br>Fresh Orange<br>Milk Variety                      | <b>7</b><br>Chicken Tacos with<br>Shredded Cheese in a<br><b>Gluten Free Whole<br/>           Wheat Tortilla</b><br>Steamed Corn<br>Diced Tomatoes<br>Local Fresh Watermelon<br>Milk Variety | <b>8</b><br>Cuban Style Picadillo<br>Beef<br>Whole Grain Yellow<br>Rice<br>Garlic Cassava<br>Spicy Kale Salad<br>Fresh Peach<br>Milk Variety                      | <b>9</b><br>BBQ Chicken<br><b>Gluten Free Bread</b><br>Roasted Sweet Potatoes<br>Braised Collard Greens<br>Fresh Apple<br>Milk Variety      | <b>10</b><br>All Beef Hot Dog on<br><b>Gluten Free Bread</b><br>BBQ Baked Beans<br>Local Sautéed Yellow<br>Squash<br>Banana<br>Milk Variety |
| <b>13</b><br><b>Baked Mac &amp; Cheese<br/>           with Gluten Free<br/>           Pasta</b><br>Tomato Basil Salad<br>Sautéed Green Beans<br>Fresh Orange<br>Milk Variety | <b>14</b><br>Beef & Cheese Tacos in<br><b>Gluten Free Whole<br/>           Wheat Tortilla</b> with<br>Lettuce and Tomato<br>Pinto Beans<br>Local Fresh Watermelon<br>Milk Variety            | <b>15</b><br>Cajun Chicken<br>Creole Louisiana Brown<br>Rice<br><b>Gluten Free Bread</b><br>Steamed Broccoli<br>Local Steamed Corn<br>Fresh Peach<br>Milk Variety | <b>16</b><br>Oven Roasted Turkey<br><b>Gluten Free Bread</b><br>Mashed Sweet Potatoes<br>Braised Kale<br>Fresh Apple<br>Milk Variety        | <b>17</b><br>Fish Sticks<br><b>Gluten Free Bread</b><br>Braised Cabbage<br>Steamed Sweet Peas<br>Banana<br>Milk Variety                     |
| <b>20</b><br><b>Grilled Cheese on<br/>           Gluten Free Bread</b><br>Mixed Greens Salad<br>with Cucumbers<br>Fresh Orange<br>Milk Variety                               | <b>21</b><br>Chicken Fajitas in a<br><b>Gluten Free Whole<br/>           Wheat Tortilla</b><br>Spanish Rice<br>Sweet Plantains<br>Peppers & Onions<br>Local Fresh Watermelon<br>Milk Variety | <b>22</b><br>Oven Roasted Meatloaf<br><b>Gluten Free Bread</b><br>Sautéed Collard<br>Greens<br>Mashed Potatoes<br>Fresh Peach<br>Milk Variety                     | <b>23</b><br>Cantonese Roast<br>Chicken<br>Fried Brown Rice<br>Steamed Ginger Carrots<br>Sautéed Broccoli<br>Fresh Apple<br>Milk Variety    | <b>24</b><br>All Beef Cheeseburger<br>on <b>Gluten Free Bread</b><br>Baked Beans<br>Local Sliced Tomatoes<br>Banana<br>Milk Variety         |
| <b>27</b><br><br><b>Memorial Day</b><br><br><b>No School</b>   | <b>28</b><br>Beef & Cheese Tacos in<br>a <b>Gluten Free Whole<br/>           Wheat Tortilla</b><br>Chili Black Beans<br>Diced Tomatoes<br>Local Fresh Watermelon<br>Milk Variety             | <b>29</b><br>Curried Chicken<br>Brown Rice<br>Steamed Cauliflower<br>Roasted Chickpeas<br>Fresh Peach<br>Milk Variety   | <b>30</b><br>Turkey & Cheese<br>Sandwich on <b>Gluten Free Bread</b><br>Southern Potato Salad<br>Carrot Slaw<br>Fresh Apple<br>Milk Variety | <b>31</b><br>Chicken Caesar Salad<br>with Mixed Greens<br><b>Gluten Free Bread</b><br>Diced Tomatoes<br>Banana<br>Milk Variety              |

**Homemade, healthy food made with love.**

# May Supper Menu



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| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
|   |   | <b>1</b><br><b>Grilled Cheese on Gluten Free Bread</b><br>Sautéed Green Beans<br>Fresh Pear<br>Milk Varsity                         | <b>2</b><br>Jerk Chicken<br>Brown Rice<br>Sweet Plantains<br>Applesauce<br>Milk Varsity   | <b>3</b><br>Baked Chicken<br>Alfredo over <b>Gluten Free Pasta</b><br>Sautéed Zucchini & Onions<br>Banana<br>Milk Varsity               |
| <b>6</b><br><b>Sunbutter &amp; Jelly on Gluten Free Bread</b><br>Braised Collard Greens<br>Banana<br>Milk Varsity               | <b>7</b><br>Sloppy Joe on <b>Gluten Free Bread</b><br>Steamed Broccoli<br>Apple Juice<br>Milk Varsity         | <b>8</b><br>Lemon Pepper Chicken<br>Farro Pilaf<br>Steamed Sweet Peas<br>Local Fresh Watermelon<br>Milk Varsity                     | <b>9</b><br>Turkey Ham & Cheese on <b>Gluten Free Bread</b><br>Three Bean Salad<br>Fresh Nectarine<br>Milk Varsity              | <b>10</b><br>Navy Bean Dip<br><b>Gluten Free Crackers</b><br>Zucchini Sticks<br>Applesauce  |
| <b>13</b><br>Veggie Burger with Cheese on <b>Gluten Free Bread</b><br>BBQ Baked Beans<br>Banana<br>Milk Varsity                 | <b>14</b><br>Chicken Salad<br><b>Gluten Free Crackers</b><br>Sliced Cucumbers<br>Apple Juice<br>Milk Varsity  | <b>15</b><br>Salisbury Steak with Gravy<br><b>Gluten Free Bread</b><br>Steamed Sweet Peas<br>Local Fresh Watermelon<br>Milk Varsity | <b>16</b><br>Roasted Chicken<br>Drumstick<br><b>Gluten Free Bread</b><br>Roasted Cauliflower<br>Fresh Nectarine<br>Milk Varsity | <b>17</b><br>Teriyaki Chicken ( <b>no soy</b> )<br><b>Brown Rice</b><br>Sautéed Green Beans<br>Applesauce<br>Milk Varsity               |
| <b>20</b><br>Eagle Snack Pack with Turkey, Cheese & <b>Gluten Free Crackers</b><br>Dill Pickle Slices<br>Banana<br>Milk Varsity | <b>21</b><br>Tuna Salad<br><b>Gluten Free Crackers</b><br>Zucchini Sticks<br>Apple Juice<br>Milk Varsity      | <b>22</b><br>Grilled Chicken Sandwich on <b>Gluten Free Bread</b><br>Steamed Corn<br>Local Fresh Watermelon<br>Milk Varsity         | <b>23</b><br>Chef Salad w/ Turkey & Cheddar over Mixed Greens<br><b>Gluten Free Bread</b><br>Fresh Nectarine<br>Milk Varsity    | <b>24</b><br>Chicken & Cheese Quesadilla in a <b>Gluten Free Tortilla</b><br>Warm Black Bean & Corn Salsa<br>Applesauce<br>Milk Varsity |
| <b>27</b><br><b>Memorial Day</b><br><br><b>No School</b>  | <b>28</b><br><b>Sunbutter &amp; Jelly on Gluten Free Bread</b><br>Steamed Corn<br>Apple Juice<br>Milk Varsity | <b>29</b><br><b>Grilled Cheese on Gluten Free Bread</b><br>Sautéed Green Beans<br>Fresh Pear<br>Milk Varsity                        | <b>30</b><br>Jerk Chicken<br>Brown Rice<br>Sweet Plantains<br>Applesauce<br>Milk Varsity  | <b>31</b><br>Baked Chicken<br>Alfredo over <b>Gluten Free Pasta</b><br>Sautéed Zucchini & Onions<br>Banana<br>Milk Varsity              |

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