

December Gluten-Free Breakfast Menu



Eagle Academy Public Charter School

Congress Heights
Capitol Riverfront



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheerios Cereal Low Fat Cheese Stick Fresh Pear Skim or 1% Milk	4 Broccoli & Cheese Frittata Gluten-Free Toast Fresh Apple Skim or 1% Milk	5 Gluten-Free Cereal Yogurt Banana Skim or 1% Milk	6 Gluten-Free English Muffin w/ Jelly Low Fat Cheese Stick Fresh Orange Wedges Skim or 1% Milk	7 Gluten-Free Oatmeal with Dried Cranberries & Raisins Fresh Honeydew Wedge Skim or 1% Milk
10 Gluten Free Waffles with Syrup Fresh Pear Skim or 1% Milk	11 Scrambled Egg & Cheese on Gluten-Free Toast Fresh Apple Skim or 1% Milk	12 Gluten-Free Cereal Yogurt Banana Skim or 1% Milk	13 Gluten-Free English Muffin w/ Jelly Low Fat Cheese Stick Fresh Orange Wedges Skim or 1% Milk	14 Turkey Sausage & Egg on Gluten-Free Toast Fresh Honeydew Wedge Skim or 1% Milk
17 Gluten-Free English Muffin w/ Jelly Fresh Pear Skim or 1% Milk	18 Turkey Ham & Egg Bake Gluten-Free Toast Fresh Apple Skim or 1% Milk	19 Gluten-Free Cereal Yogurt Banana Skim or 1% Milk	20 Gluten Free Waffles with Syrup Fresh Orange Wedges Skim or 1% Milk	21 Potato & Cheese Frittata Gluten-Free Toast Fresh Honeydew Wedge Skim or 1% Milk
24 Winter Break No School	25 Winter Break No School	26 Winter Break No School	27 Winter Break No School	28 Winter Break No School
31 Winter Break No School		28	29	30

Homemade, healthy food made with love.

December Gluten-Free Lunch Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sunbutter & Jelly on Gluten Free Bread Stewed Lentils Roasted Brussel Sprouts Fresh Honeydew Wedge Milk Varity	4 Cantonese Roast Chicken Brown Rice (no fried, no soy sauce) Steamed Ginger Carrots Sautéed Broccoli Fresh Pear Milk Varity	5 Oven Roasted Meatloaf Gluten-Free Bread Sautéed Collard Greens Mashed Potatoes Fresh Apple Milk Varity	6 Chicken Fajitas in a Gluten-Free Tortilla Spanish Rice Sweet Plantains Peppers & Onions Fresh Banana Milk Varity	7 Grilled Cheese Sandwich on Gluten Free Bread Braised Cabbage Roasted Butternut Squash Orange Wedges Milk Varity
10 Stewed Lentils Brown Rice Pilaf Roasted Cauliflower and Carrots Fresh Honeydew Wedge Milk Varity	11 Beef & Cheese Tacos in a Gluten-Free Tortilla Steamed Corn Pinto Beans Fresh Pear Milk Varity	12 Turkey & Cheese on Gluten Free Bread Mixed Greens Salad w/ Tomatoes Sautéed Zucchini Fresh Apple Milk Varity	13 Curried Chicken Brown Rice Gluten-Free Bread Steamed Carrots Roasted Chickpeas Fresh Banana Milk Varity	14 All Beef Hamburger on Gluten-Free Bread Steamed Broccoli Roasted Sweet Potatoes Orange Wedges Milk Varity
17 Grilled Cheese on Gluten-Free Bread (no entrée due to soy sauce) Brown Rice Sautéed Green Beans Fresh Honeydew Wedge Milk Varity	18 Chicken Tacos with Shredded Cheese in a Gluten-Free Tortilla Chili Black Beans Diced Tomatoes Fresh Pear Milk Varity	19 Brunch for Lunch Gluten-Free Waffles Turkey Sausage & Scrambled Eggs Roasted Breakfast Potatoes Creamed Spinach Fresh Apple Milk Varity	20 Sunbutter & Jelly on Gluten-Free Bread Roasted Acorn Squash Mixed Greens Salad w/ Italian Dressing Fresh Banana Milk Varity	21 Holiday Meal Oven Roasted Turkey Gluten-Free Bread Mashed Sweet Potatoes Steamed Sweet Peas Orange Wedges Milk Varity
24 Winter Break No School	25 Winter Break No School	26 Winter Break No School	27 Winter Break No School	28 Winter Break No School
31 Winter Break No School		28	29	30

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December Gluten-Free Supper Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hard-Boiled Egg & Yogurt Gluten Free Bread Mixed Greens Salad w/ Cucumbers Apple Juice Milk Variety	4 Chef Salad w/ Turkey & Cheddar Gluten Free Bread Fresh Honeydew Wedge Milk Variety	5 Lemon Pepper Chicken Brown Rice Steamed Corn Fresh Pear Milk Variety	6 Tuna Salad Gluten Free Bread Sliced Cucumbers Applesauce Milk Variety	7 Baked Chicken Alfredo over Brown Rice Sautéed Green Beans Fresh Banana Milk Variety
10 Caesar Salad w/ Mozzarella over Mixed Greens (no croutons) Gluten Free Bread Apple Juice Milk Variety	11 BBQ Chicken Gluten Free Bread Steamed Broccoli Fresh Honeydew Wedge Milk Variety	12 Chicken Salad on Gluten Free Bread Chilled Cauliflower Florets Fresh Pear Milk Variety	13 Turkey Ham & Cheese Sandwich on Gluten Free Bread Sweet Peas & Diced Onions Applesauce Milk Variety	14 Lemon Pepper Chicken (no teriyaki) Brown Rice Sautéed Green Beans Fresh Banana Milk Variety
17 Hard-Boiled Egg & Yogurt Gluten Free Bread Mixed Greens Salad w/ Cucumbers Apple Juice Milk Variety	18 Sunbutter & Jelly on Gluten-Free Bread Roasted Eggplant Fresh Honeydew Wedge Milk Variety	19 Jerk Chicken Brown Rice Sweet Plantains Fresh Pear Milk Variety	20 Hummus Gluten Free Bread Sliced Cucumbers Applesauce Milk Variety	21 All Beef Burger on Gluten Free Bread Steamed Broccoli Fresh Banana Milk Variety
24 Winter Break No School	25 Winter Break No School	26 Winter Break No School	27 Winter Break No School	28 Winter Break No School
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