

# January Gluten Free Breakfast Menu



## Eagle Academy Public Charter School

Congress Heights  
Capitol Riverfront



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>  <b>New Year's Day</b>  <b>No School</b>	<b>2</b> Assorted Cereal Yogurt Banana Skim or 1% Milk	<b>3</b> Turkey Sausage on <b>Gluten Free Toast</b> Fresh Orange Wedges Skim or 1% Milk	<b>4</b> <b>Yogurt</b> Cheese Stick Fresh Honeydew Wedge Skim or 1% Milk
<b>7</b> <b>Gluten Free Waffles with Syrup</b> Fresh Pear Skim or 1% Milk	<b>8</b> Scrambled Egg & Cheese on <b>Gluten Free Toast</b> Fresh Apple Skim or 1% Milk	<b>9</b> Assorted Cereal Yogurt Banana Skim or 1% Milk	<b>10</b> <b>Assorted Cereal Cheese Stick</b> Fresh Orange Wedges Skim or 1% Milk	<b>11</b> <b>Turkey Sausage on Gluten Free Toast</b> Fresh Honeydew Wedge Skim or 1% Milk
<b>14</b> <b>Assorted Cereal Yogurt</b> Fresh Pear Skim or 1% Milk	<b>15</b> Turkey Ham & Egg Bake <b>Gluten Free Toast</b> Fresh Apple Skim or 1% Milk	<b>16</b> <b>Gluten Free Oatmeal</b> with Dried Cranberries & Raisins Banana Skim or 1% Milk	<b>17</b> <b>Gluten Free Waffles with Syrup</b> Fresh Orange Wedges Skim or 1% Milk	<b>18</b> Potato & Cheese Frittata <b>Gluten Free Toast</b> Fresh Honeydew Wedge Skim or 1% Milk
<b>21</b> <b>Martin Luther King Jr. Day</b>  <b>No School</b>	<b>22</b> <b>Professional Development Day</b>  <b>No School</b>	<b>23</b> Assorted Cereal Yogurt Banana Skim or 1% Milk	<b>24</b> Turkey Sausage on <b>Gluten Free Toast</b> Fresh Orange Wedges Skim or 1% Milk	<b>25</b> <b>Assorted Cereal</b> Cheese Stick Fresh Honeydew Wedge Skim or 1% Milk
<b>28</b> <b>Gluten Free Waffles with Syrup</b> Fresh Pear Skim or 1% Milk	<b>29</b> Potato & Cheese Frittata <b>Gluten Free Toast</b> Fresh Apple Skim or 1% Milk	<b>30</b> <b>Gluten Free Oatmeal</b> with Dried Cranberries & Raisins Banana Skim or 1% Milk	<b>31</b> <b>Assorted Cereal Cheese Stick</b> Fresh Orange Wedges Skim or 1% Milk	

Homemade, healthy food made with love.

# January Gluten Free Lunch Menu



**Eagle Academy**  
**Public Charter School**  
Congress Heights  
Capitol Riverfront

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>  <b>New Year's Day</b>  <b>No School</b>	<b>2</b> Grilled Cheese on <b>Gluten Free Bread</b> Tomato Soup Steamed Broccoli Fresh Apple Milk Varsity	<b>3</b> Cajun Chicken Creole Louisiana Brown Rice Red Beans Mixed Greens Salad Fresh Banana Milk Varsity	<b>4</b> <b>Veggie Burger on            Gluten Free Bread</b> Steamed Sweet Peas Braised Cabbage Orange Wedges Milk Varsity
<b>7</b> <b>Turkey &amp; Cheese on            Gluten Free Bread</b> Stewed Lentils Mixed Greens Salad Fresh Honeydew Wedge Milk Varsity	<b>8</b> Chicken Fajitas in a <b>Gluten Free Tortilla</b> Spanish Rice Sweet Plantains Peppers & Onions Fresh Pear Milk Varsity	<b>9</b> Oven Roasted Meatloaf <b>Gluten Free Bread</b> Sautéed Collard Greens Mashed Potatoes Fresh Apple Milk Varsity	<b>10</b> Cantonese Roast Chicken Fried Brown Rice ( <b>no            soy sauce</b> ) Steamed Ginger Carrots Sautéed Broccoli Fresh Banana Milk Varsity	<b>11</b> All Beef Cheeseburger <b>on Gluten Free            Bread</b> Steamed Green Beans Roasted Sweet Potatoes Orange Wedges Milk Varsity
<b>14</b> <b>Veggie Burger on            Gluten Free Bread</b> Roasted Brussel Sprouts Oven Roasted Potatoes Fresh Honeydew Wedge Milk Varsity	<b>15</b> Beef & Cheese Tacos on Hard Shells Steamed Corn Pinto Beans Fresh Pear Milk Varsity	<b>16</b> <b>Turkey &amp; Cheese on            Gluten Free Bread</b> Mixed Greens Salad w/ Tomatoes Sautéed Zucchini Fresh Apple Milk Varsity	<b>17</b> Curried Chicken Brown Rice <b>Gluten Free Bread</b> Steamed Carrots Roasted Chickpeas Fresh Banana Milk Varsity	<b>18</b> Chicken Caesar Salad over Mixed Greens with Tomatoes <b>Gluten Free Bread</b> Orange Wedges Milk Varsity
<b>21</b>  <b>Martin Luther King            Jr. Day</b>  <b>No School</b>	<b>22</b>  <b>Professional            Development Day</b>  <b>No School</b>	<b>23</b> Grilled Chicken Sandwich <b>on Gluten            Free Bread</b> Steamed Broccoli Roasted Sweet Potatoes Fresh Apple Milk Varsity	<b>24</b> BBQ Chicken <b>Gluten Free Bread</b> Baked Beans Steamed Carrots Fresh Banana Milk Varsity	<b>25</b> <b>Grilled Cheese on            Gluten Free Bread</b> Steamed Sweet Peas Braised Cabbage Orange Wedges Milk Varsity
<b>28</b> Curried Garbanzo Beans Brown Rice Sautéed Green Beans Roasted Eggplant Fresh Honeydew Wedge Milk Varsity	<b>29</b> Chicken Tacos with Shredded Cheese in a <b>Gluten Free Tortilla</b> Chili Black Beans Diced Tomatoes Fresh Pear Milk Varsity	<b>30</b> <b>Gluten Free Waffles</b> Turkey Sausage & Scrambled Eggs Roasted Breakfast Potatoes Creamed Spinach Fresh Apple Milk Varsity	<b>31</b> Oven Roasted Turkey <b>Gluten Free Bread</b> Mashed Sweet Potatoes Steamed Sweet Peas Fresh Banana Milk Varsity	

# January Gluten Free Supper Menu



## Eagle Academy Public Charter School

Congress Heights  
Capitol Riverfront



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>  <b>New Year's Day</b>  <b>No School</b>	<b>2</b> Hard-Boiled Egg & Turkey Ham <b>Gluten Free Bread</b> Mixed Greens Salad w/ Cucumbers Fresh Pear Milk Variety	<b>3</b> <b>Sunbutter &amp; Jelly on Gluten Free Bread</b> Sautéed Green Beans Applesauce Milk Variety	<b>4</b> Grilled Chicken Sandwich on <b>Gluten Free Bread</b> Steamed Corn Fresh Banana Milk Variety
<b>7</b> Caesar Salad w/ Mozzarella over Mixed Greens <b>Gluten Free Bread</b> Apple Juice Milk Variety	<b>8</b> Turkey Ham & Cheese Sandwich on <b>Gluten Free Bread</b> Three Bean Salad Fresh Honeydew Wedge Milk Variety	<b>9</b> Lemon Pepper Chicken Brown Rice Steamed Corn Fresh Pear Milk Variety	<b>10</b> Tuna Salad on <b>Gluten Free Bread</b> Sliced Cucumbers Applesauce Milk Variety	<b>11</b> <b>Turkey &amp; Cheese on Gluten Free Bread</b> Fired Roasted Tomatoes Fresh Banana Milk Variety
<b>14</b> Chef Salad w/ Turkey & Cheddar <b>Gluten Free Bread</b> Whole Grain Flatbread Apple Juice Milk Variety	<b>15</b> BBQ Chicken on <b>Gluten Free Bread</b> Steamed Broccoli Fresh Honeydew Wedge Milk Variety	<b>16</b> Roasted Chicken Drumstick <b>Gluten Free Bread</b> Roasted Cauliflower Fresh Pear Milk Variety	<b>17</b> Salisbury Steak <b>Gluten Free Bread</b> Mashed Potatoes Applesauce Milk Variety	<b>18</b> <b>Herb Roasted Chicken (no soy sauce)</b> Brown Rice( <b>no soy sauce</b> ) Sautéed Green Beans Fresh Banana Milk Variety
<b>21</b> <b>Martin Luther King Jr. Day</b>  <b>No School</b>	<b>22</b> <b>Professional Development Day</b>  <b>No School</b>	<b>23</b> Sunbutter Cup <b>Gluten Free Bread</b> Zucchini Sticks Fresh Pear Milk Variety	<b>24</b> <b>Turkey &amp; Cheese on Gluten Free Bread</b> Roasted Potatoes Applesauce Milk Variety	<b>25</b> Tuna Salad on <b>Gluten Free Bread</b> Mixed Greens Salad Fresh Banana Milk Variety
<b>28</b> Hard-Boiled Egg & Turkey Ham <b>Gluten Free Bread</b> Mixed Greens Salad w/ Cucumbers Apple Juice Milk Variety	<b>29</b> <b>Turkey &amp; Cheese on Gluten Free Bread</b> Roasted Eggplant Fresh Honeydew Wedge Milk Variety	<b>30</b> Jerk Chicken Brown Rice Sweet Plantains Fresh Pear Milk Variety	<b>31</b> Hummus <b>Gluten Free Bread</b> Sliced Cucumbers Applesauce Milk Variety	

Homemade, healthy food made with love.