

# June Gluten Free Breakfast Menu



## Eagle Academy Public Charter School

Congress Heights  
Capitol Riverfront



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Scrambled Eggs with Cheese on <b>Gluten Free English Muffin</b> Pineapple Chunks Skim or 1% Milk	<b>4</b> <b>Gluten Free Waffles with Syrup</b> Fresh Peach Skim or 1% Milk	<b>5</b> <b>Gluten Free Oatmeal</b> with Dried Cranberries & Raisins Local Fresh Apple Skim or 1% Milk	<b>6</b> <b>Gluten Free Cereal</b> Cheese Stick Banana Skim or 1% Milk	<b>7</b> <b>Gluten Free Cereal</b> Yogurt Fresh Orange Skim or 1% Milk
<b>10</b> Chilaquiles <b>Gluten Free Tortilla</b> Pineapple Chunks Skim or 1% Milk	<b>11</b> Turkey Ham & Egg Bake <b>Gluten Free Toast</b> Fresh Peach Skim or 1% Milk	<b>12</b> <b>Gluten Free Cereal</b> Yogurt Local Fresh Apple Skim or 1% Milk	<b>13</b> <b>Gluten Free English Muffin w/ Jelly</b> <b>Cheese Stick</b> Banana Skim or 1% Milk	<b>14</b> <b>Gluten Free Oatmeal</b> with Dried Cranberries & Raisins Fresh Orange Skim or 1% Milk
<b>17</b> <b>Gluten Free Oatmeal</b> Turkey Sausage Pineapple Chunks Skim or 1% Milk	<b>18</b> <b>Gluten Free Waffles with Syrup</b> Fresh Peach Skim or 1% Milk	<b>19</b> Broccoli & Cheddar Egg Bake <b>Gluten Free Toast</b> Local Fresh Apple Skim or 1% Milk	<b>20</b> <b>Gluten Free English Muffin w/ Jelly</b> Cheese Stick Banana Skim or 1% Milk	<b>21</b> Yogurt <b>Gluten Free Cereal</b> Fresh Orange Skim or 1% Milk
<b>24</b> <b>Gluten Free English Muffin w/ Jelly</b> Cheese Stick Pineapple Chunks Skim or 1% Milk	<b>25</b> Turkey Sausage & Egg on a <b>Gluten Free English Muffin</b> Fresh Peach Skim or 1% Milk	<b>26</b> <b>Gluten Free Cereal</b> Yogurt Local Fresh Apple Skim or 1% Milk	<b>27</b> <b>Yogurt</b> <b>Gluten Free Cereal</b> Banana Skim or 1% Milk	<b>28</b> Potato & Cheese Frittata <b>Gluten Free Toast</b> Fresh Orange Skim or 1% Milk

# June Gluten Free Lunch Menu



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Sweet & Sour Pinto Beans ( <b>no soy</b> ) <b>Plain Brown Rice (no soy)</b> Local Sautéed Zucchini & Onions Mixed Greens Salad Fresh Orange Milk Varsity	<b>4 Field Day</b> Hamburger or Hot Dog on <b>Gluten Free Bread</b> BBQ Baked Beans Cole Slaw Local Fresh Watermelon Milk Varsity	<b>5</b> Cuban Style Picadillo Beef Whole Grain Yellow Rice Garlic Cassava Spicy Kale Salad Fresh Peach Milk Varsity	<b>6</b> BBQ Chicken <b>Gluten Free Bread</b> Roasted Sweet Potatoes Braised Collard Greens Fresh Apple Milk Varsity	<b>7 Last Day of School</b> Chicken Tacos with Shredded Cheese in a <b>Gluten Free Whole Wheat Tortilla</b> Steamed Corn Diced Tomatoes Banana Milk Varsity
<b>10</b> <b>Baked Mac &amp; Cheese with Gluten Free Pasta</b> Tomato Basil Salad Sautéed Green Beans Fresh Orange Milk Varsity	<b>11</b> Beef & Cheese Tacos in a <b>Gluten Free Whole Wheat Tortilla</b> with Lettuce and Tomato Pinto Beans Local Fresh Watermelon Milk Varsity	<b>12</b> Cajun Chicken Creole Louisiana Brown Rice Steamed Broccoli Local Steamed Corn Fresh Peach Milk Varsity	<b>13</b> Turkey & Cheese Sandwich on <b>Gluten Free Bread</b> Southern Potato Salad Spicy Kale Salad Fresh Apple Milk Varsity	<b>14</b> Fish Sticks <b>Gluten Free Bread</b> Braised Cabbage Steamed Sweet Peas Banana Milk Varsity
<b>17</b> <b>Grilled Cheese on Gluten Free Bread</b> Mixed Greens Salad with Cucumbers Fresh Orange Milk Varsity	<b>18</b> Chicken Fajitas in a <b>Gluten Free Whole Wheat Tortilla</b> Sweet Plantains Peppers & Onions Local Fresh Watermelon Milk Varsity	<b>19</b> Oven Roasted Meatloaf <b>Gluten Free Bread</b> Sautéed Collard Greens Mashed Potatoes Fresh Peach Milk Varsity	<b>20</b> Cantonese Roast Chicken <b>Plain Brown Rice (no soy)</b> Steamed Ginger Carrots Sautéed Broccoli Fresh Apple Milk Varsity	<b>21</b> All Beef Cheeseburger on <b>Gluten Free Bread</b> Baked Beans Local Sliced Tomatoes Banana Milk Varsity
<b>24</b> Sweet & Sour Pinto Beans ( <b>no soy</b> ) <b>Plain Brown Rice (no soy)</b> Local Sautéed Zucchini & Onions Mixed Greens Salad Fresh Orange	<b>25</b> Beef & Cheese Tacos in a <b>Gluten Free Whole Wheat Tortilla</b> Chili Black Beans Diced Tomatoes Local Fresh Watermelon Milk Varsity	<b>26</b> Curried Chicken Brown Rice Steamed Cauliflower Roasted Chickpeas Fresh Peach Milk Varsity	<b>27</b> Turkey & Cheese Sandwich on <b>Gluten Free Bread</b> Southern Potato Salad Carrot Slaw Fresh Apple Milk Varsity	<b>28</b> Chicken Caesar Salad with Mixed Greens <b>Gluten Free Bread</b> Diced Tomatoes Banana Milk Varsity

Homemade, healthy food made with love.

# June Gluten Free Supper Menu



## Eagle Academy Public Charter School

Congress Heights  
Capitol Riverfront



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Sunbutter &amp; Jelly on Gluten Free Bread</b> Braised Collard Greens Banana Milk Varity	<b>4</b> Navy Bean Dip <b>Gluten Free Crackers</b> Carrot Sticks Apple Juice Milk Varity	<b>5</b> Lemon Pepper Chicken <b>Brown Rice</b> Steamed Sweet Peas Local Fresh Watermelon Milk Varity	<b>6</b> Turkey Ham & Cheese on <b>Gluten Free Bread</b> Three Bean Salad Fresh Nectarine Milk Varity	<b>7 Last Day of School</b> Sloppy Joe on <b>Gluten Free Bread</b> Steamed Broccoli Applesauce Milk Varity
<b>10</b> Veggie Burger with Cheese on <b>Gluten Free Bread</b> BBQ Baked Beans Banana Milk Varity	<b>11</b> Chicken Salad <b>Gluten Free Crackers</b> Sliced Cucumbers Apple Juice Milk Varity	<b>12</b> Salisbury Steak with Gravy <b>Gluten Free Bread</b> Steamed Sweet Peas Local Fresh Watermelon Milk Varity	<b>13</b> Roasted Chicken Drumstick <b>Gluten Free Bread</b> Roasted Cauliflower Fresh Nectarine Milk Varity	<b>14</b> Teriyaki Chicken <b>Plain Brown Rice (no soy)</b> Sautéed Green Beans Applesauce Milk Varity
<b>17</b> Eagle Snack Pack with Turkey, Cheese & <b>Gluten Free Crackers</b> Dill Pickle Slices Banana Milk Varity	<b>18</b> Tuna Salad <b>Gluten Free Bread</b> Zucchini Sticks Apple Juice Milk Varity	<b>19</b> Grilled Chicken Sandwich on <b>Gluten Free Bread</b> Steamed Corn Local Fresh Watermelon Milk Varity	<b>20</b> Chef Salad w/ Turkey & Cheddar over Mixed Greens <b>Gluten Free Bread</b> Fresh Nectarine Milk Varity	<b>21</b> Chicken & Cheese Quesadilla in a <b>Gluten Free Tortilla</b> Warm Black Bean & Corn Salsa Applesauce Milk Varity
<b>24</b> Hummus <b>Gluten Free Crackers</b> Roasted Garlic Eggplant Banana Milk Varity	<b>25</b> <b>Sunbutter &amp; Jelly on Gluten Free Bread</b> Steamed Corn Apple Juice Milk Varity	<b>26</b> Grilled Cheese Sandwich on <b>Gluten Free Bread</b> Sautéed Green Beans Local Fresh Watermelon Milk Varity	<b>27</b> Jerk Chicken Brown Rice Sweet Plantains Fresh Nectarine Milk Varity	<b>28</b> Baked Chicken Alfredo over <b>Gluten Free Pasta</b> Sautéed Zucchini & Onions Applesauce Milk Varity

Homemade, healthy food made with love.