


Monday	Tuesday	Wednesday	Thursday	Friday	Hempfield School District Gluten Free Menu Student Meal Pricing: Milk: \$0.65 Fruit A La Carte: \$0.75 Full Pay Lunch: Elementary \$2.45 Secondary \$2.60 High School \$2.75 Reduced Price \$0.40 Full Pay Breakfast: Elementary \$1.35 Secondary \$1.50 Reduced Price \$0.00 Menu Subject To Change 2018-2019
Daily Lunch Choices Choice #1 Main Event Choice #2 Yo To Go Secondary students may choose up to a cup of fruit and vegetable daily. Elementary students may choose a ½ cup of fruit and up to one cup of vegetable.				Hot, Fresh & Healthy Breakfast Choices!	
Yo To Go Meal Gluten Free Bread Trix Yogurt Cheese Stick Fruit of the day Vegetable of the day Milk	Reminder: The Hempfield Food Service Department cannot guarantee that our kitchens are 100% nut and gluten free.			<u>Gluten Free General Mills Cereals</u> Rice Chex Cinnamon Rice Chex Cheerios Honey Nut & Fruity Cheerios Lucky Charms Assorted Fruit Fresh & Canned Assorted Fruit Juice Milk Please Check for availability	
<u>Choose Any 1 Entrée</u> Cheeseburger or Hamburger on GF Roll w/ Fixings Or Yo To Go Assorted Fruit Fresh & Canned Assorted Fruit Juice Milk Choice	<u>Choose Any 1 Entrée</u> Unbreaded Grilled Chicken Sandwich on GF Roll w/ Fixings Or Yo To Go Assorted Fruit Fresh & Canned Assorted Fruit Juice Milk Choice	<u>Choose Any 1 Entrée</u> Grilled Cheese Sandwich on GF Bread or Yo To Go Assorted Fruit Fresh & Canned Assorted Fruit Juice Milk Choice	<u>Choose Any 1 Entrée</u> Unbreaded Grilled Chicken Sandwich on GF Roll w/ Fixings Or Yo To Go Assorted Fruit Fresh & Canned Assorted Fruit Juice Milk Choice	<u>Choose Any 1 Entrée</u> Cheeseburger or Hamburger on GF Roll w/ Fixings Or Yo To Go Assorted Fruit Fresh & Canned Assorted Fruit Juice Milk Choice	

Items listed above are Gluten Free per the manufacturer. Some items may be produced where other gluten products are also manufactured.

This menu is a set cycle menu Monday — Friday. Some GF Snacks may be available; check with the Cafeteria Manager at the school your child attends. It is the parent's responsibility to follow up with any dietary changes or needs with the school cafeteria

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(800)877-8339 or (800)845-6136(Spanish). For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800)221-5689, which is also in Spanish or call the State Information/Hotline Numbers (click the link for a listing of hotline numbers by State); found online at http://www.fns.usda.gov/snap/contact_info/hotlines.htm "In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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