SCHOOLHOUSE GRILL
School Meal Specialist

Allergy Menu - Gluten, Dairy & Egg Free

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	**2**	**3**	**4**
	Gluten, Dairy & Egg Free - Whole Grain Chicken Tenders 3 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Whole Grain Chicken Nuggets 4 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Enriched Whole Grain Pasta w/ Marinara Sauce ½ c Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Whole Grain Chicken Nuggets 4 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit
7	**8**	**9**	**10**	**11**
Labor Day Holiday	Gluten, Dairy & Egg Free Grilled Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Whole Grain Chicken Tenders 3 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Enriched Whole Grain Pasta w/ Marinara Sauce ½ c Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Whole Grain Chicken Tenders 3 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit
14	**15**	**16**	**17**	**18**
Gluten, Dairy & Egg Free - Whole Grain Chicken Tenders 3 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Enriched Whole Grain Pasta w/ Marinara Sauce ½ c Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free Grilled Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Whole Grain Chicken Tenders 3 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Whole Grain Chicken Nuggets 4 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit
21	**22**	**23**	**24**	**25**
Gluten, Dairy & Egg Free - Whole Grain Chicken Nuggets 4 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit	"Breakfast For Lunch" Gluten, Dairy & Egg Free Waffles 2 ea Turkey Sausage Patty 1 ea Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Enriched Whole Grain Pasta w/ Marinara Sauce ½ c Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free Grilled Fajita Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Enriched Whole Grain Pasta w/ Marinara Sauce ½ c Fresh or Cooked Vegetable Fresh or Chilled Fruit
28	**29**	**30**		
Gluten, Dairy & Egg Free - Enriched Whole Grain Pasta w/ Marinara Sauce ½ c Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Whole Grain Chicken Nuggets 4 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free Grilled Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Fresh or Cooked Vegetable Fresh or Chilled Fruit	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS All Lunches Served with a Fresh Fruit: Apples, Cantaloupe...	All meals conform to grain requirements of ½ oz equivalent SHG is an equal opportunity provider