

May/June



Gluten Free Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																
4th	5th	6th	7th	8th																
Turkey Burger Seasoned Brown Rice Carrots Celery Diced Pears Syrup Ranch	Beef Tacos Refried Beans Spanish Rice Shredded Cheddar Shredded Romaine Banana Taco Sauce	Allergen Free Chicken Breast Seasoned Brown Rice Zucchini Broccoli Tropical Fruit (No Orange Sauce)	BBQ Chicken Drumstick Potato Cubes Seasoned Brown Rice Grape Tomatoes Apple Ketchup	Papa John's Gluten Free Cheese Pizza Fresh Vegetable Fruit																
11th	12th	13th	14th	15th																
Turkey Cheeseburger Seasoned Brown Rice Vegetarian Baked Beans American Cheese Slice Carrot Sticks Apple	Beef Patty w/BBQ Sauce Broccoli Seasoned Brown Rice Banana Ranch	Beef Chili Cheese Fries Potato Wedges Seasoned Brown Rice Shredded Cheddar Pea Pods Apple	Allergen Free Chicken Breast Seasoned Brown Rice Green Beans Sliced Iceberg & Romaine Diced Peaches Marinara Dipping Sauce Italian Dressing	Papa John's Gluten Free Cheese Pizza Fresh Vegetable Fruit																
18th	19th	20th	21st	22nd																
Allergen Free Chicken Breast Seasoned Brown Rice Vegetarian Baked Beans Carrot Sticks Apple BBQ Dipping Sauce Ranch	Beef Hotdog Corn Seasoned Brown Rice Cucumber Coins Banana	Allergen Free Chicken Breast Seasoned Brown Rice Marinara Sauce Chopped Romaine Carrots Ranch Fruit Cup	Beef Patty Marinara Sauce Seasoned Brown Rice Glazed Carrots Shredd Mozz Cheese Zucchini Pineapple	Papa John's Gluten Free Cheese Pizza Fresh Vegetable Fruit																
25th	26th	27th	28th	29th																
NO SCHOOL	Beef Nachos Cheese Sauce WG Corn Chips Romaine lettuce Banana Salsa Ranch	Chicken Drumstick Vegetable Brown Rice Zucchini Chopped Romaine Diced Pears French Dressing	Cheeseburger Potato Wedges Seasoned Brown Rice American Cheese Slice Broccoli Mandarin Oranges Ketchup & Ranch	Papa John's Gluten Free Cheese Pizza Fresh Vegetable Fruit																
June 1st	June 2nd	June 3rd																		
Chicken Flatbread Gyro Seasoned Brown Rice Cucumber Diced Tomatoes Diced Pears Sour Cream	Chicken Tacos Seasoned Black Beans Spanish Rice Shredded Cheddar Shredded Romaine Banana Taco Sauce	BBQ Turkey Burger Loaded Mashed Potatoes Seasoned Brown Rice Baby Carrots Fresh Cut Melon Ranch	<table> <tr><td>Traditional Meal</td><td>\$3.50</td></tr> <tr><td>Gluten Free Meal</td><td>\$4.00</td></tr> <tr><td>Vegetarian Meal</td><td>\$4.00</td></tr> <tr><td>Chef Salad</td><td>\$4.55</td></tr> <tr><td>Garden Salad</td><td>\$4.25</td></tr> <tr><td>Taco Salad</td><td>\$4.55</td></tr> <tr><td>Extra slice of pizza</td><td>\$1.00</td></tr> <tr><td>Individual Milk</td><td>\$.40</td></tr> </table>	Traditional Meal	\$3.50	Gluten Free Meal	\$4.00	Vegetarian Meal	\$4.00	Chef Salad	\$4.55	Garden Salad	\$4.25	Taco Salad	\$4.55	Extra slice of pizza	\$1.00	Individual Milk	\$.40	No lunches will be ordered if they are not paid for when the online system closes. For lunch questions please contact the lunch program at: 952 -226-5945 or lunchprogram@aspenacademymn.org
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MILK VARIETY SERVED AT EVERY MEAL, 1% and Chocolate flavored

Lancer does not use any products that contain pork, peanuts, or peanut oil. Products are baked or steamed, never fried.

Menu Subject To Change