

Allergen Lunch Menu (Dec 2023)



Food, First and Foremost

	MON	TUE	WED	THU	FRI
					1
ENTREE					GF DF Chicken Taco with Carrot Relish (WGR)*
VEGETARIAN					GF DF Vegan Taco with Carrots relish
VEGETABLE					*Carrots, Tomato, Lemon
FRUIT					Fruit Medley
	4	5	6	7	8
ENTREE	DF Alfredo Pasta (WGR)*	GF DF Chicken Vegetable Stew with rolls (WGR)	GF Teriyaki Chicken & Rice (WGR)	GF Turkey Picadillo (WGR)*	GF Lemon Chicken with Potato hash (WGR)*
VEGETARIAN	Alfredo Pasta	Vegan Stew with rolls	GF Teriyaki Tofu & Rice	GF Vegetable Picadillo	Vegan Meatball and Potato hash (WGR)*
VEGETABLE	Onion, Carrots, Spinach	*Potato, Carrots, Peas, Onion, Chickpea, Tomato	*Vegetable Medley	Carrot, Celery, Lemon, Pea	Carrot, Onion, Potato,
FRUIT	Watermelon	Banana	Orange Slice	Grapes	Melon Slices
	11	12	13	14	15
ENTREE	DF Minestorne Soup (WGR)*	DF Vegan Pomodoro Pasta (WGR)*	GF Chicken BBQ with Honey Lemon Carrots (WGR)	GF Honey Soy Chicken with Veggie and Rice (WGR)	GF Asian Noodle Stir Fry (WGR)*
VEGETARIAN	Minestorne Soup	Vegan Pomodoro Pasta (WGR)*	Vegan BBQ with Honey Glazed Carrots	Honey Soy Tofu with Veggie and Rice	Vegan Lo mein
VEGETABLE	Celery, Carrots, Spinach	*Onion, Tomato, Bell Pepper	*Carrots, Lemon	*Vegetable Medley	*Celery, Carrots, Spinach
FRUIT	Apple	Sliced Oranges	Banana	Cantaloupe	Fruit Medley
	18	19	20	21	22
ENTREE	DF Vegan Pasta Bolognese (WGR)	GF DF Grilled Chicken with Quinoa Salad (WGR)	GF Beef Stir fry with Rice (WGR)	Turkey meatloaf with rolls and veggies (WGR)*	Vegan Taco with Carrot Relish (WGR)*
VEGETARIAN	Vegan Pasta Bolognese	Vegan Quinoa Salad	Stir fry Tofu with Veggie and Rice	Meatless Meatloaf	Vegan Taco with Carrots relish
VEGETABLE	*Carrots, Mushroom, Chickpea	*Carrots, Chickpeas, Celery, Lemon	*Vegetable Medley	*Carrots, Peas	*Carrots, Tomato, Lemon
FRUIT	Honeydew	Sliced Oranges	Banana	Grapes	Fruit Medley
	25	26	27	28	29
ENTREE	Happy Holiday	Chicken Noodle Soup (WGR)	Thai Pineapple Chicken with Veggie and Rice (WGR)	DF Beef Goulash (WGR)	DF Creamy Pasta Primavera (WGR)*
VEGETARIAN		Vegan Noodle Soup	Thai Pineapple Tofu with Veggie and Rice	Vegan Goulash	Creamy Pasta Primavera
VEGETABLE		*Onion, Carrots, Parsley	*Vegetable Medley	*Carrots, Chickpeas, Celery, Lemon	*Cannellini Beans, Spinach, Bell Pepper
FRUIT		Sliced Oranges	Banana	Cantaloupe	Melon Slices

Pre-School Serving Sizes

Meat 2.0 oz Grains 1-2 oz Bread 1/2 slice Vegetables 1/4 cup Fruit 1/4 cup

Grade - High School Serving Sizes

Meat 2.5 oz Grains 2-3 oz Bread 1 slice Vegetables 3/4 cup Fruit 3/4 cup

Dairy Free (DF) Gluten Free (GF) Soy Free (SF)

Veggie inside entree marked with (*)

Items marked with * contain Allergens. See ingredient list for detail

The main grain component in each meal are "WGR" - Whole Grain Rich