

Menu Name : K-8 Grades Allergen Free Lunch Menu Grade Level / Age Group : K-8 Grades	JANUARY - 2025	Meal Pattern : NSLP	Meal : Lunch
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NO DAIRY NO GLUTEN (NO WHEAT) NO EGG NO SOY NO FISH	NO SHELL FISH NO SESAME (SEEDS & OIL) NO PEANUTS NO TREE NUTS NO SUNFLOWER (SEEDS, OIL & BUTTER)
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Hot Meals	COLOR YOUR TRAY: The Power of Fruits in School Meals From fresh and frozen to canned, dried and 100% juice, all forms of fruit have a place on our school meal menus. Whether it's enjoying a juicy pear at lunch or enjoying a handful of raisins as a snack, every fruit choice contributes to one's overall health and well-being. Fruit is packed with essential vitamins, minerals and antioxidants that promote overall health and well-being. Whether it's the vitamin C boost from citrus fruits, the potassium-rich goodness of bananas or the fiber-packed sweetness of apples, each fruit offers its unique nutritional benefits. By incorporating a variety of fruits into our school meals, we provide students with a range of nutrients to help them thrive both in and out of the classroom.	Wednesday, January 1, 2025	Thursday, January 2, 2025	Friday, January 3, 2025	Week I
<h2 style="color: blue;">WINTER BREAK - NO SCHOOL</h2>					

Hot Meals	Staff PD Day NO SCHOOL for CHILDREN	Monday, January 6, 2025	Tuesday, January 7, 2025	Wednesday, January 8, 2025	Thursday, January 9, 2025	Friday, January 10, 2025	Week II		
		Beef Nachos Taco Beef & Golden Corn Chips Black Bean & Corn Fruit of the Day Milk Substitute		Marinated Grilled Chicken Fillet Brown Rice Fresh Baby Carrots Fruit of the Day Milk Substitute		Chicken Pilaf Crisp Broccoli Fruit of the Day Milk Substitute		Beef & Potatoes Steamed Rice Steamed Peas Fruit of the Day Milk Substitute	

Hot Meals	Monday, January 13, 2025	Tuesday, January 14, 2025	Wednesday, January 15, 2025	Thursday, January 16, 2025	Friday, January 17, 2025	Week III					
		Chicken Fried Rice Steamed Broccoli Fruit of the Day Milk Substitute		Beef & Broccoli Brown Rice Steamed Corn Fruit of the Day Milk Substitute		Chicken Fajita w/Rice Seasoned Chicken & Peppers Served w/ Brown Rice Black Beans Fruit of the Day & Milk Substitute		Beef Meatballs Brown Rice Steamed Carrots & Peas Fruit of the Day Corn Chips & Milk Substitute		Chicken & Potatoes Steamed Rice Fresh Carrot Slims Fruit of the Day Milk Substitute	

Hot Meals	Monday, January 20, 2025	Tuesday, January 21, 2025	Wednesday, January 22, 2025	Thursday, January 23, 2025	Friday, January 24, 2025	Week IV					
		Yummy Beef & Scallion Golden Corn Chips Black Bean & Fresh Carrots Fruit of the Day Milk Substitute		Chicken Sukkhar Steamed Rice Steamed Green Beans Fruit of the Day Milk Substitute		Beef Fried Rice Fresh Broccoli Fruit of the Day Milk Substitute		Spice Rubbed Chicken Fillet Steamed Rice Baby Carrots Fruit of the Day Milk Substitute		Beef Taco Meat Over Rice Serve Seasoned Beef on Brown Rice Steamed Black Beans & Corn Fruit of the Day & Corn Chips Milk Substitute	

Hot Meals	Monday, January 27, 2025	Tuesday, January 28, 2025	Wednesday, January 29, 2025	Thursday, January 30, 2025	Friday, January 31, 2025	Week V					
		Chicken Supreme Steamed Rice Steamed Green Beans Fruit of the Day Milk Substitute		Beef Nachos Taco Beef & Golden Corn Chips Black Bean & Corn Fruit of the Day Milk Substitute		Marinated Grilled Chicken Fillet Brown Rice Fresh Baby Carrots Fruit of the Day Milk Substitute		Chicken Pilaf Crisp Broccoli Fruit of the Day Milk Substitute		Beef & Potatoes Steamed Rice Steamed Peas Fruit of the Day Milk Substitute	

Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants) etc.

Milk / Milk Substitute offered daily. Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants) etc.
 All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

This menu is 100% pork-free.
 All rice dishes /rice products are made of whole grain brown rice.