



Menu Name : K-8 Allergen Free Lunch Menu

Grade Level / Age Group : K-8 Grades

Meal Pattern : NSLP

Meal : Lunch

September - 2024

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)

	Monday, September 2, 2024	Tuesday, September 3, 2024	Wednesday, September 4, 2024	Thursday, September 5, 2024	Friday, September 6, 2024	
Hot Meal	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	Week II
	Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Sliced Cucumbers	Steamed Rice	
	Fresh Baby Carrots	Black Bean & Corn	Crisp Broccoli	Fruit of the Day	Steamed Peas	
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	
	Milk Substitute	Milk Substitute	Milk Substitute		Milk Substitute	

	Monday, September 9, 2024	Tuesday, September 10, 2024	Wednesday, September 11, 2024	Thursday, September 12, 2024	Friday, September 13, 2024	
Hot Meal	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes	Week III
	Baby Carrots	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice	
	Fruit of the Day	Steamed Corn	Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli	
	Corn Chips	Fruit of the Day	Black Beans	Fruit of the Day	Fruit of the Day	
	Milk Substitute	Milk Substitute	Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute	

	Monday, September 16, 2024	Tuesday, September 17, 2024	Wednesday, September 18, 2024	Thursday, September 19, 2024	Friday, September 20, 2024	
Hot Meal	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice	Week IV
	Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice	Serve Seasoned Beef on Brown Rice	
	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Fresh Broccoli	Black Beans & Carrots	
	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	Fruit of the Day & Corn Chips	
	Milk Substitute	Milk Substitute		Milk Substitute	Milk Substitute	

	Monday, September 23, 2024	Tuesday, September 24, 2024	Wednesday, September 25, 2024	Thursday, September 26, 2024	Friday, September 27, 2024	
Hot Meal	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	Week V
	Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Sliced Cucumbers	Steamed Rice	
	Fresh Baby Carrots	Black Bean & Corn	Crisp Broccoli	Fruit of the Day	Steamed Peas	
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	
	Milk Substitute	Milk Substitute	Milk Substitute		Milk Substitute	

	Monday, September 30, 2024	CKC Good Food Dictionary				
Hot Meal	Chicken Fried Rice	When we say 'House-made', it is truly made 'In-House' from scratch				Week VI
	Baby Carrots	Our house-made sauces are examples of our chefs' creativity. Our ranch dressing, creamy Italian dip & boom, yowza and tzatziki sauces are not prepackaged products available to any food service program. They are all our own recipes, developed from a proprietary combination of bases and herbs, to complement the entrees and vegetables with which they are served. Each recipe is tailored to enhance the foods with which they are served.				
	Fruit of the Day	<ul style="list-style-type: none"> • Ranch: We have multiple varieties of the dressing we call, "ranch," each with a slightly different herby profile of the well-known staple. • Italian Dip: When marinara sauce isn't quite enough, we have our creamy Italian dip to serve alongside our twisted cheesy bread items. • Boom Sauce: A little spicy and citrusy, our boom sauce is a much-loved accompaniment to our Mexican meals. • Yowza Sauce: Yowza, as in "wowza, this is good!", adds a little kick to our spicy Southwestern meals. • Tzatziki Sauce: This yogurt sauce draws out the flavors in entrees like our Greek bowl. 				
	Corn Chips					
	Milk Substitute					

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

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All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

The menus are 100% pork-free.
All rice dishes /rice products are made of whole grain brown rice.