

Menu Name : K-8 Allergen Free Lunch Menu	Meal Pattern : NSLP	Meal: Lunch
Grade Level / Age Group : K-8 Grades	November - 2023	

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)

Hot Meal	Friday, December 1, 2023				Week IV
	Beef Taco Meat Over Rice				
	Serve Seasoned Beef on Brown Rice				
	Black Beans & Carrots				
	Fruit of the Day & Corn Chips				
<i>"Christmas is like candy; it slowly melts in your mouth sweetening every taste bud, making you wish it could last forever." – Richelle E. Goodrich</i>					
Milk Substitute					

Hot Meal	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023	Week V
	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	
	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		

Hot Meal	Monday, December 11, 2023	Tuesday, December 12, 2023	Wednesday, December 13, 2023	Thursday, December 14, 2023	Friday, December 15, 2023	Week VI
	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes	
	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		

Hot Meal	Monday, December 18, 2023	Tuesday, December 19, 2023	Wednesday, December 20, 2023	Thursday, December 21, 2023	Friday, December 22, 2023	Week I
	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice	
	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		

Hot Meal	Monday, December 25, 2023	Tuesday, December 26, 2023	Wednesday, December 27, 2023	Thursday, December 28, 2023	Friday, December 29, 2023	Week II
	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	
	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		

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

Christmas will always be as long as we stand heart to heart and hand in hand." — Dr. Seuss

January 2024 Menu (Subject to Change)

	Monday, January 1, 2024	Tuesday, January 2, 2024	Wednesday, January 3, 2024	Thursday, January 4, 2024	Friday, January 5, 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	
Hot Meal	Monday, January 8, 2024	Tuesday, January 9, 2024	Wednesday, January 10, 2024	Thursday, January 11, 2024		Week IV
	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet		
	Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice		
	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Fresh Broccoli		
	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day		
Milk Substitute	Milk Substitute		Milk Substitute			