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| Menu Name : K-8 Allergen Free Lunch Menu | Meal Pattern : NSLP | Meal: Lunch |
| Grade Level / Age Group : K-8 Grades | | |
| January - 2024 | | |

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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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| | 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 | |

| | Monday, January 8, 2024 | Tuesday, January 9, 2024 | Wednesday, January 10, 2024 | Thursday, January 11, 2024 | Friday, January 12, 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, January 15, 2024 | Tuesday, January 16, 2024 | Wednesday, January 17, 2024 | Thursday, January 18, 2024 | Friday, January 19, 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, January 22, 2024 | Tuesday, January 23, 2024 | Wednesday, January 24, 2024 | Thursday, January 25, 2024 | Friday, January 26, 2024 | |
|-----------------|---------------------------|----------------------------|------------------------------------|----------------------------|-------------------------------|----------------|
| Hot Meal | Chicken Fried Rice | Beef & Broccoli | Chicken Fajita w/Rice | Beef Meatballs | Chicken & Potatoes | Week VI |
| | 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, January 29, 2024 | Tuesday, January 30, 2024 | Wednesday, January 31, 2024 | | |
|-----------------|----------------------------------|---------------------------|-----------------------------|-------------------------|--|
| Hot Meal | Yummy Beef & Scallion | Chicken Sukkhar | Beef Fried Rice | <i>Happy New Year !</i> | |
| | Golden Corn Chips | Steamed Rice | Steamed Peas | | |
| | Black Bean & Fresh Carrots | Steamed Green Beans | Fruit of the Day | | |
| | Fruit of the Day | Fruit of the Day | 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. Skim & 1% milk served as needed for non-dairy allergies. The menus are 100% pork-free. All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products. All rice dishes /rice products are made of whole grain brown rice.

February 2024 Menu (Subject to Change)

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| Hot Meal | | | Thursday, February 1, 2024 | Friday, February 2, 2024 | Week I |
| | | | Spice Rubbed Chicken Fillet | Beef Taco Meat Over Rice | |
| | | | Steamed Rice | Serve Seasoned Beef on Brown Rice | |
| | | | Fresh Broccoli | Black Beans & Carrots | |
| | | | Fruit of the Day | Fruit of the Day & Corn Chips | |
| | | Milk Substitute | Milk Substitute | | |

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|-----------------|---------------------------------|----------------------------------|-----------------------------------------|-----------------------------------|---------------------------------|----------------|
| Hot Meal | Monday, February 5, 2024 | Tuesday, February 6, 2024 | Wednesday, February 7, 2024 | Thursday, February 8, 2024 | Friday, February 9, 2024 | 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 | | |