

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

Building Lunch Menus Students Love

Friday, November 1, 2024

Hot Meals

According to the USDA, schools are responsible for about 530,000 tons of discarded food (excluding milk) annually. We can only nourish students if they eat the meals we provide.

We create menus to hold students' interest throughout the year. We include a mix of long-time favorite meals as well as trendier foods that expose students to new flavors and cultures. Each week, we offer healthy whole grains, different proteins and a variety of fruits and vegetables to prevent boredom. We continually monitor the popularity of meals and replace those that are less popular with new ones to inspire joyful eaters. We also let students choose from multiple daily options rather than forcing everyone to take something they may not like.

These measures help ensure our meals feed more students and fewer trash cans.

Beef Taco Meat Over Rice

Serve Seasoned Beef on Brown Rice

Black Beans & Carrots

Fruit of the Day & Corn Chips

Milk Substitute

Week IV

	Monday, November 4, 2024	Tuesday, November 5, 2024	Wednesday, November 6, 2024	Thursday, November 7, 2024	Friday, November 8, 2024	
Hot Meals	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, November 11, 2024	Tuesday, November 12, 2024	Wednesday, November 13, 2024	Thursday, November 14, 2024	Friday, November 15, 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, November 18, 2024	Tuesday, November 19, 2024	Wednesday, November 20, 2024	Thursday, November 21, 2024	Friday, November 22, 2024	
Hot Meal	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice	Week I
	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, November 25, 2024	Tuesday, November 26, 2024	Wednesday, November 27, 2024	Thursday, November 28, 2024	Friday, November 29, 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	

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.

This menu is 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.