



Menu Name : K-8 Allergen Free Lunch Menu

Grade Level / Age Group : K-8 Grades

Meal Pattern : NSLP

Meal: Lunch

April - 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, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 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, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024	Friday, April 12, 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, April 15, 2024	Tuesday, April 16, 2024	Wednesday, April 17, 2024	Thursday, April 18, 2024	Friday, April 19, 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, April 22, 2024	Tuesday, April 23, 2024	Wednesday, April 24, 2024	Thursday, April 25, 2024	Friday, April 26, 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, April 29, 2024	Tuesday, April 30, 2024				
Hot Meal	Chicken Supreme	Beef Nachos				Week II
	Steamed Rice	Taco Beef & Golden Corn Chips				
	Fresh Baby Carrots	Black Bean & Corn				
	Fruit of the Day	Fruit of the Day				
	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 or milk substitute offered daily.

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.



May 2024 Menu (Subject to Change)					
Hot Meal	Wednesday, May 1, 2024		Thursday, May 2, 2024		Friday, May 3, 2024
	Marinated Grilled Chicken Fillet		Chicken Pilaf		Beef & Potatoes
	Brown Rice		Sliced Cucumbers		Steamed Rice
	Crisp Broccoli		Fruit of the Day		Steamed Peas
	Fruit of the Day		Milk Substitute		Fruit of the Day
Milk Substitute				Milk Substitute	
Hot Meal	Monday, May 6, 2024	Tuesday, May 7, 2024	Wednesday, May 8, 2024	Thursday, May 9, 2024	Friday, May 10, 2024
	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	