Name : December 2022 K-8 Allergen Free Menu



Age Grou	p:K-8		Meal : Lunch	Meal Pattern : NSLP/SSO	
	No Dairy No Gluten (No W No Egg No Soy No Fish	'heat)	No Shell Fish No Sesame (Seeds & Oil) No Peanuts No Tree Nuts No Sunflower (Seeds, Oil & Butter)		
Week VI	Chef S	Spotlight - Justin Kilmer, Warehouse M	Thursday, December 1, 2022 Friday, December 2, 2022		
	Festive Vibes & Food			Beef Meatballs	Chicken & Potatoes
	oriented when it comes to cooking. Fo	rying and making food around the age od magazines like Taste of Home or Go Iseful information to me. Although I ha	Brown Rice	Steamed Rice	
Hot Meal	share a simple yet satisfying vegetab	ole side I've made numerous times for holidays are all about food and family	Steamed Green Beans	Crisp Broccoli	
		- Justin	Fruit of the Day	Fruit of the Day	
	Justin Kilmer's 'R	oasted Maple - Ginger Root Vegeta	Milk Substitute	Milk Substitute	
Week I	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
	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
Hot Meal	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
Week II	Monday, December 12, 2022	Tuesday, December 13, 2022	Wednesday, December 14, 2022	Thursday, December 15, 2022	Friday, December 16, 2022
	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
Hot Meal	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
Week III	Monday, December 19, 2022	Tuesday, December 20, 2022	Wednesday, December 21, 2022	Thursday, December 22, 2022	Friday, December 23, 2022
	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes
	Baby Carrots	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice
Hot Meal	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
Week IV	Monday, December 26, 2022	Tuesday, December 27, 2022	Wednesday, December 28, 2022	Thursday, December 29, 2022	Friday, December 30, 2022
	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
Hot Meal	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
		<u> </u>	e milk, Lactose Free Milk or Cow's Milk (

* Skim and 1% milk choices offered daily.
* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.



Roasted Maple-Ginger Root Vegetables Recipe						
Ingredients:	Serves 5-6	Steps:				
 S medium parsnips, peeled and sliced S small carrots, sliced 3 medium turnips, peeled and cubed 1 large sweet potato, peeled and cubed 1 small rutabaga, peeled and cubed 1 small rutabaga, peeled and cubed 1 small rutabout into wedges 1 small red onion, cut into wedges 2 tablespoons olive oil 1 tablespoon minced fresh ginger root 1 teaspoon sepper 1 cup maple syrup 		 Place the vegetables (first 7 ingredients listed) in a large bowl. Add the oil, ginger, salt and pepper and toss well to coat. Arrange vegetables in a single layer in two 15x10x1-in. baking pans coated with cooking spray. Bake uncovered, at 425° for 25 minutes, stirring once. Drizzle with syrup. Bake until vegetables are tender, 20-25 minutes longer, stirring once more. 				
January 2023 Menu (Subject to Change)						

Week V	Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 6, 2023
	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
Hot Meal	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
Week VI	Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023		
	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice		
	Baby Carrots	Brown Rice	Seasoned Chicken & Peppers		
Hot Meal	Fruit of the Day	Steamed Corn	Served w/ Brown Rice		
	Corn Chips	Fruit of the Day	Black Beans		
	Milk Substitute	Milk Substitute	Fruit of the Day & Milk Substitute		