

Menu Name : K-8 Allergen Free Lunch Menu

Grade Level / Age Group : K-8 Grades

Meal Pattern : NSLP

Meal : Lunch

DECEMBER - 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, December 2, 2024	Tuesday, December 3, 2024	Wednesday, December 4, 2024	Thursday, December 5, 2024	Friday, December 6, 2024	
Hot Meals	<b>Chicken Fried Rice</b>	<b>Beef &amp; Broccoli</b>	<b>Chicken Fajita w/Rice</b>	<b>Beef Meatballs</b>	<b>Chicken &amp; Potatoes</b>	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, December 9, 2024	Tuesday, December 10, 2024	Wednesday, December 11, 2024	Thursday, December 12, 2024	Friday, December 13, 2024	
Hot Meals	<b>Yummy Beef &amp; Scallion</b>	<b>Chicken Sukkhar</b>	<b>Beef Fried Rice</b>	<b>Spice Rubbed Chicken Fillet</b>	<b>Beef Taco Meat Over Rice</b>	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, December 16, 2024	Tuesday, December 17, 2024	Wednesday, December 18, 2024	Thursday, December 19, 2024	Friday, December 20, 2024	
Hot Meal	<b>Chicken Supreme</b>	<b>Beef Nachos</b>	<b>Marinated Grilled Chicken Fillet</b>	<b>Chicken Pilaf</b>	<b>Beef &amp; Potatoes</b>	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, December 23, 2024	Tuesday, December 24, 2024	Wednesday, December 25, 2024	Thursday, December 26, 2024	Friday, December 27, 2024	
Hot Meal	<b>Winter Break - NO SCHOOL</b>					Week VI

	Monday, December 30, 2024	Tuesday, December 31, 2024	<b>Lunch Recipes Pass Tests Too!</b>			
Hot Meal	<b>Winter Break - NO SCHOOL</b>		Just like students, our lunch recipes must pass a lot of tests! Tests like:			Week I
			<ul style="list-style-type: none"> <li>•Trendiness</li> <li>•Cultural relevance</li> <li>•Flavor</li> <li>•Spiciness</li> <li>•Nutritional quality</li> </ul>	<ul style="list-style-type: none"> <li>•Ability to be made in large quantities</li> <li>•Labor intensity to prepare</li> <li>•Ingredient availability</li> <li>•Taste after being held at temperature for a while</li> </ul>	<p>And they must pass the real test - TASTE TESTS! New entrées are evaluated by sometimes more than 100 people of a large age range before being added to our menu.</p>	

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.  
All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

This menu is 100% pork-free.  
All rice dishes /rice products are made of whole grain brown rice.