





Lunch Menu Allergen (January 2022)

	MON	TUE	WED	THU	FRI
	3	 4	5	6	7
ENTRÉE	Dairy-Free Creamy Chicken & Veggie Chowder (WGR)	Gluten-Free Chicken Chow Mein (WGR)	Gluten-Free Teriyaki Chicken (WGR)	Dairy-Free Baked Ziti with Marinara Sauce (WGR)	Gluten-Free Chicken Tenders (WGR)
VEGETARIAN	Creamy Vegan Chowder	Vegan Chow Mein	Teriyaki Tofu	Baked Ziti with Marinara Sauce	Vegan Tender
VEGETABLE	*Celery, Bell Pepper, Onion, Hominy	*Cabbage, Carrots, Onion	*Vegetable Medley	*Tomato, Carrots, Bean Puree	*Coleslaw Salad
FRUIT	Sliced Apple	Mandarin	Sliced Oranges	Banana	Fruit Medley
	10	11	12	13	 14
ENTRÉE	Dairy-Free Creamy Tomato Chicken Mac & Cheese (WGR)	Dairy-Free Turkey Alfredo Pasta (WGR)	Gluten-Free Sweet & Sour Chicken (WGR)	Chicken & Yellow Rice (WGR)	Dairy-Free Baked Chicken Pasta (WGR)
VEGETARIAN	Creamy Tomato Vegan Mac & Cheese	Dairy-Free Creamy Alfredo Pasta	Sweet & Sour Tofu	Tofu & Yellow Rice	Gluten-Free Baked Vegan Pasta
VEGETABLE	*Onion, Tomato, Parsley	*Cannellini Beans, Carrot, Bell Pepper, Onion	*Vegetable Medley	*Peas, Bell Pepper, Onion	*Bell Pepper, Celery, Tomato, Onion
FRUIT	Sliced Apple	Mandarin	Sliced Oranges	Banana	Fruit Medley
	 17	18	19	 20	21
ENTRÉE	Gluten-Free Lemon Chicken Quinoa Soup (WGR)	Gluten-Free Spaghetti & Chicken Meatballs (WGR)	Gluten-Free Butter Chicken & Rice (WGR)	Turkey Fried Rice (WGR)	Chicken Tenders (WGR)
VEGETARIAN	Lemon Vegetable Orzo Soup	Spaghetti & Vegan Meatballs	Vegan Butter Tofu	Vegan Fried Rice	Vegan Tender
VEGETABLE	*Celery, Bell Pepper, Onion	*Onion, Tomato, Carrots	*Vegetable Medley	*Peas, Bell Pepper, Onion	*Coleslaw Salad
FRUIT	Sliced Apple	Mandarin	Sliced Oranges	Banana	Fruit Medley
	24	25	26	27	28
ENTRÉE	Gluten-Free Spaghetti Bolognese (WGR)	Dairy-Free Creamy Tuscan Chicken Pasta (WGR)	Gluten-Free Korean BBQ Chicken (WGR)	Dairy-Free Turkey Alfredo Pasta (WGR)	Dairy-Free Baked Chicken Pasta (WGR)
VEGETARIAN	Spaghetti with Marinara Sauce	Creamy Tuscan Pasta	Korean BBQ Tofu	Creamy Alfredo Pasta	Gluten-Free Baked Vegan Pasta
VEGETABLE	*Onion, Carrots, Beans, Tomato	*Cannellini Beans, Tomato, Spinach, Bell Pepper	*Vegetable Medley	*Cannellini Beans, Carrot, Bell Pepper, Onion	*Bell Pepper, Celery, Tomato, Onion
FRUIT	Sliced Apple	Mandarin	Sliced Oranges	Banana	Fruit Medley
	31				
ENTRÉE	Dairy-Free Creamy Tomato Chicken Mac & Cheese (WGR)				
VEGETARIAN	Creamy Tomato Vegan Mac & Cheese				
VEGETABLE	*Onion, Tomato, Parsley				
FRUIT	Sliced Apple				

Pre-School Serving Sizes

Meat 2.0 oz grains 1-2 oz bread 1/2 slice vegetables 1/4 cup fruit 1/4 cup

Grade School Serving Sizes

Meat 2.5 oz grains 2-4 oz bread 1 slice vegetables 1/2 cup fruit 1/2 cup

Protein content: Meat or a bean equivalent

Gluten Free (gf) Soy Free (sf)

Veggie inside entree marked with (*)

Items marked with ^ contain Allergens. See ingredient list for detail

The main grain component in each meal are "WGR" - Whole Grain Rich