

# Lunch Menu Allergen (June 2022)

	MON	TUE	WED	THU	FRI
			1	2	3
ENTRÉE			<b>Gluten-Free Teriyaki Chicken (WGR)</b>	<b>Turkey Sausage Jambalaya (WGR)</b>	<b>Dairy-Free, Gluten-Free Baked Chicken Parmesan (WGR)^</b>
VEGETARIAN			Gluten Free Teriyaki Tofu	Vegan Jambalaya	Baked Vegan Parmesan
VEGETABLE			*Vegetable Medley	*Onion, Tomato, Celery, Carrots	*Bell Pepper, Celery, Tomato, Onion
FRUIT			Mandarin	Banana	Sliced Apple
	6	7	8	9	10
ENTRÉE	<b>Gluten-Free Chicken Noodle Soup (WGR)</b>	<b>Dairy-Free, Gluten-Free Turkey Alfredo Pasta (WGR)^</b>	<b>Gluten-Free Gen Tso Chicken &amp; Rice (WGR)</b>	<b>Chicken &amp; Yellow Rice (WGR)</b>	<b>Dairy-Free Gluten-Free Creamy Broccoli Mac &amp; Cheese (WGR)^</b>
VEGETARIAN	Vegan Roasted Veggie Soup	Vegan Alfredo Pasta	Gluten-Free Gen Tso Tofu & Rice	Tofu & Yellow Rice	Vegan Creamy Broccoli Mac & Cheese
VEGETABLE	*Onion, Tomato, Parsley, Bean	*Cannellini Beans, Carrot, Bell Pepper, Onion	*Vegetable Medley	*Peas, Bell Pepper, Onion	*Broccoli, Carrots, Onion, Bean Puree
FRUIT	Apple	Sliced Oranges	Mandarin	Banana	Sliced Apple
	13	14	15	16	17
ENTRÉE	<b>Gluten-Free Spaghetti Bolognese (WGR)</b>	<b>Dairy-Free, Gluten-Free Creamy Tuscan Chicken Pasta (WGR)^</b>	<b>Gluten-Free Sweet &amp; Sour Chicken &amp; Rice (WGR)</b>	<b>Turkey Fried Rice (WGR)</b>	<b>Dairy-Free, Gluten-Free Baked Chicken Parmesan (WGR)^</b>
VEGETARIAN	Vegan Spaghetti with Marinara Sauce	Vegan Creamy Tuscan Pasta	Vegan Sweet & Sour Tofu	Vegetarian Fried Rice	Baked Vegan Parmesan
VEGETABLE	*Onion, Carrots, Tomato	*Cannellini Beans, Spinach, Bell Pepper	*Vegetable Medley	*Peas, Bell Pepper, Onion	*Bell Pepper, Celery, Tomato, Onion
FRUIT	Apple	Sliced Oranges	Mandarin	Banana	Sliced Apple
	20	21	22	23	24
ENTRÉE	<b>Federal Holiday</b>	<b>Gluten-Free White Chicken Chili (WGR)^</b>	<b>Gluten-Free Korean BBQ Chicken (WGR)</b>	<b>Spanish Rice &amp; Black Bean Casserole (WGR)^</b>	<b>Dairy-Free, Gluten-Free Creamy Broccoli Mac &amp; Cheese (WGR)^</b>
VEGETARIAN		Vegan White Chili	Vegan Korean BBQ Tofu	Spanish Rice & Black Bean Casserole	Vegan Creamy Broccoli Mac & Cheese
VEGETABLE		*Onion, Corn, Carrots, Beans, Millet	*Vegetable Medley	*Bell Pepper, Onion	*Broccoli, Carrots, Onion, Bean Puree
FRUIT		Sliced Oranges	Mandarin	Banana	Sliced Apple
	27	28	29	30	
ENTRÉE	<b>Chicken &amp; Wild Rice Soup (WGR)</b>	<b>Dairy-Free, Gluten-Free Creamy Alfredo Pasta (WGR)^</b>	<b>Gluten-Free Teriyaki Chicken (WGR)</b>	<b>Gluten-Free Chicken Gumbo (WGR)</b>	
VEGETARIAN	Veggie & Wild Rice Soup	Vegan Creamy Alfredo Pasta	Gluten Free Teriyaki Tofu	Vegan Gumbo	
VEGETABLE	*Onion, Onion, Parsley	*Cannellini Beans, Carrot, Bell Pepper, Onion	*Vegetable Medley	*Onion, Tomato, Celery, Carrots, Okra	
FRUIT	Apple	Sliced Oranges	Mandarin	Banana	

**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**