

# Allergen Lunch Menu (January 2023)



Taste Our Exciting New Items!

	MON 2	TUE 3	WED 4	THU 5	FRI 6
ENTRÉE	New Year	🤢 Creamy Chicken Chowder DF/GF (WGR)*	🤢 Thai Basil Turkey Fried Rice GF (WGR)	Chicken & Yellow Rice GF (WGR)	Baked Chicken Parmesan DF/GF (WGR)*
VEGETARIAN		Creamy Veggie Chowder DF/GF	Thai Basil Tofu Fried Rice GF	GF Tofu & Yellow Rice	GF DF Baked Veggie Parmesan
VEGETABLE		*Cannellini Beans, Potato, Corn, Bell Papper	*Peas, Bell Pepper, Onion	*Carrots, Bell Pepper, Onion	*Bell Pepper, Celery, Tomato, Onion
FRUIT		Sliced Oranges	Banana	Mandarin	Apple
	9	10	11	12	13
ENTRÉE	🤢 Creamy Chicken Pumpkin Soup DF/GF (WGR)	Creamy Tuscan Chicken Pasta GF/DF (WGR)*	Gen Tso Chicken & Rice GF (WGR)	Spanish Rice & Black Bean Casserole DF/GF (WGR)*	Mac and Cheese DF/GF (WGR)*
VEGETARIAN	Vegan Creamy Pumpkin Soup DF/GF	Creamy Tuscan Pasta GF	Gen Tso Tofu & Rice GF	Spanish Rice & Black Bean Casserole DF/GF	Mac and Cheese DF/GF
VEGETABLE	*Onion, Carrots, Beans, Pumpkin, Celery	*Cannellini Beans, Spinach, Bell Pepper	*Vegetable Medley	*Bell Pepper, Onion, Corn, Tomato	*Broccoli, Cannellini Beans
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	16	17	18	19	20
ENTRÉE	🤢 Chicken Pasta Salad DF/GF (WGR)*	Creamy Alfredo Pasta DF/GF (WGR)*	Chicken Stir Fry GF(WGR)	🤢 Chicken Paella GF (WGR)	Baked Chicken Parmesan GF DF (WGR)*
VEGETARIAN	Vegan Pasta Salad DF/GF	Alfredo Pasta DF/GF	Tofu Stir Fry GF	GF Veggie Paella GF	Baked Veggie Parmesan GF DF
VEGETABLE	*Onion, Carrots, Beans, Parsley, Celery, Bell Pepper	*Cannellini Beans, Carrot, Bell Pepper, Onion	*Vegetable Medley	*Bell Pepper, Onion, Carrots	*Bell Pepper, Celery, Tomato, Onion
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	23	24	25	26	27
ENTRÉE	Chicken & Wild Rice Soup GF (WGR)	White Chicken Chili GF/DF (WGR)*	Turkey & Brown Rice GF (WGR)	Chicken Gumbo GF (WGR)	Mac and Cheese DF/GF (WGR)*
VEGETARIAN	Veggie & Wild Rice Soup GF	Veggie White Chilli GF/DF	Tofu & Brown Rice GF	Veggie Gumbo GF	Mac and Cheese GF/DF
VEGETABLE	*Onion, Carrots, Parsley	*Onion, Corn, Carrots, Beans, Millet	*Vegetable Medley	*Bell Pepper, Onion, Carrots	*Broccoli, Cannellini Beans
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	30	31			
ENTRÉE	Chicken Noddle Soup (WGR)	Chicken Jambalaya GF (WGR)			
VEGETARIAN	Veggie & Noodle Soup	Veggie Jambalaya GF			
VEGETABLE	*Onion, Carrots, Parsley	*Bell Pepper, Onion, Carrots			
FRUIT	Apple	Sliced Oranges			

**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 - High School Serving Sizes**  
Meat 2.5 oz Grains 2-3 oz Bread 1 slice Vegetables 3/4 cup Fruit 3/4 cup

Diary Free (DF) 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