

# Allergen Lunch Menu (February 2023)



	MON	TUE	WED	THU	FRI
			1	2	3
ENTRÉE			Thai Basil Turkey Fried Rice GF (WGR)	Chicken & Yellow Rice GF (WGR)	Baked Chicken Parmesan DF/GF (WGR)*
VEGETARIAN			Thai Basil Tofu Fried Rice GF	GF Tofu & Yellow Rice	GF DF Baked Veggie Parmesan
VEGETABLE			*Peas, Bell Pepper, Onion	*Carrots, Bell Pepper, Onion	*Bell Pepper, Celery, Tomato, Onion
FRUIT			Banana	Mandarin	Apple
	6	7	8	9	10
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
	13	14	15	16	17
ENTRÉE	Chicken & Wild Rice Soup GF (WGR)	Creamy Alfredo Pasta DF/GF (WGR)*	Chicken Stir Fry GF (WGR)	🙄 Chicken Paella GF (WGR)	Baked Chicken Parmesan GF DF (WGR)*
VEGETARIAN	Veggie & Wild Rice Soup GF	Alfredo Pasta DF/GF	Tofu Stir Fry GF	GF Veggie Paella GF	Baked Veggie Parmesan GF DF
VEGETABLE	*Onion, Carrots, Parsley	*Cannellini Beans, Carrot, Bell Pepper, Onion	*Vegetable Medley	*Bell Pepper, Onion, Carrots	*Bell Pepper, Celery, Tomato, Onion
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	20	21	22	23	24
ENTRÉE	Chicken Pasta Salad DF/GF (WGR)*	White Chicken Chili GF/DF (WGR)*	Turkey & Brown Rice GF (WGR)	Chicken Gumbo GF (WGR)	Mac and Cheese DF/GF (WGR)*
VEGETARIAN	Vegan Pasta Salad DF/GF	Veggie White Chilli GF/DF	Tofu & Brown Rice GF	Veggie Gumbo GF	Mac and Cheese GF/DF
VEGETABLE	*Onion, Carrots, Beans, Parsley, Celery, Bell Pepper	*Onion, Corn, Carrots, Beans, Millet	*Vegetable Medley	*Bell Pepper, Onion, Carrots	*Broccoli, Cannellini Beans
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	27	28			
ENTRÉE	Creamy Chicken Chowder DF/GF (WGR)*	Chicken Jambalaya GF (WGR)			
VEGETARIAN	Creamy Veggie Chowder DF/GF	Veggie Jambalaya GF			
VEGETABLE	*Cannellini Beans, Potato, Corn, Bell Pepper	*Bell Pepper, Onion, Carrots			
FRUIT	Apple	Sliced Oranges			

Dr. School Service Staff  
 Meat 2.5 oz Grains 1-2 oz Bread 1/2 slice Vegetables 1/4 cup Fruit 1/4 cup  
 \*Peas - Milk - Shell - Sesame - Soy

Dairy-Free (DF) Gluten-Free (GF) Soy-Free (SF)  
 \*Vegetable 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