

Allergen Lunch Menu (June 2023)



	MON	TUE	WED	THU	FRI
				1	2
ENTRÉE				GF Chicken Tikka Masala with rice (WGR)	GF DF Baked Chicken Parmesan (WGR)^
VEGETARIAN				GF VG Chickpea Tikka Masala with rice	GF VG Baked Veggie Parmesan
VEGETABLE				Chickpea, Potato, Tomato, Carrots	*Bell Pepper, Celery, Tomato, Onion
FRUIT				Mandarin	Apple
	5	6	7	8	9
ENTRÉE	Turkey Sandwich with Potato (WGR)^	GF Turkey Biryani with Vegetable (WGR)^	GF Gen Tso Chicken & Rice (WGR)	GF DF Spanish Rice with Black Bean Casserole (WGR)^	GF Chicken Tender with Vegan Pasta Salad (WGR)^
VEGETARIAN	Vegan Sandwich with Potato	Vegetable Biryani	GF Gen Tso Tofu & Rice	VG Spanish Rice & Black Bean Casserole	Vegan Tender with Vegan Pasta Salad
VEGETABLE	Potato	*Onion, Carrots, Mushroom, Peas	*Vegetable Medley	*Bell Pepper, Onion, Corn, Tomato	*Celery, Carrots, Onion, Raisin
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	12	13	14	15	16
ENTRÉE	Chicken Sandwich with Potato (WGR)^	GF Pasta Chicken Bolognese (WGR)^	GF Thai Basil Turkey Fried Rice (WGR)	DF Butter Chicken with rice (WGR)	GF DF Baked Chicken Parmesan (WGR)^
VEGETARIAN	Vegan Sandwich with Potato	GF Pasta Vegan Bolognese	VG Thai Basil Tofu Fried Rice	DF Butter Tofu with rice	GF VG Baked Veggie Parmesan
VEGETABLE	Carrot, Celery, Chickpea	*Onion, Tomato, Carrots, Celery	*Peas, Bell Pepper, Onion	*Bell Pepper, Onion, Carrots, Vegetable Medley	*Bell Pepper, Celery, Tomato, Onion
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	19	20	21	22	9
ENTRÉE	Chicken Pasta Salad (WGR)^	GF Turkey Stew with Vegetable and Quinoa (WGR)^	GF Orange Chicken & Rice (WGR)	GF Turkey & Brown Rice (WGR)	GF Chicken Tender with Vegan Pasta Salad (WGR)^
VEGETARIAN	Vegan Pasta Salad	GF Vegetable Stew with Tofu and Quinoa	GF Orange Tofu & Rice	GF Tofu & Brown Rice	Vegan Tender with Vegan Pasta Salad
VEGETABLE	Potato	*Onion, Tomato, Carrots, Potato, Quinoa	*Vegetable Medley	*Vegetable Medley	*Celery, Carrots, Onion, Raisin
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	25	27	28	29	30
ENTRÉE	GF Chicken Noodle Soup (WGR)	DF GF Creamy Tuscan Chicken Pasta (WGR)^	GF Teriyaki Chicken & Rice (WGR)	GF Chicken Paella (WGR)	GF DF Baked Chicken Parmesan (WGR)^
VEGETARIAN	GF Vegan Noodle Soup	DF VG Creamy Tuscan Pasta	GF Teriyaki Tofu & Rice	GF Vegan Paella	GF VG Baked Veggie Parmesan
VEGETABLE	*Onion, Carrots, Parsley	*Cannellini Beans, Spinach, Bell Pepper	*Vegetable Medley	*Bell Pepper, Onion, Carrots	*Celery, Tomato, Onion
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	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 - 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) Vegan (VG) Vegetarian (V)

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