



Menu Name : K-8 Allergen Free Lunch Menu	Meal Pattern : NSLP	Meal: Lunch
Grade Level / Age Group : K-8 Grades		
<b>February - 2024</b>		

<b>NO DAIRY</b> <b>NO GLUTEN (NO WHEAT)</b> <b>NO EGG</b> <b>NO SOY</b> <b>NO FISH</b>	<b>NO SHELL FISH</b> <b>NO SESAME (SEEDS &amp; OIL)</b> <b>NO PEANUTS</b> <b>NO TREE NUTS</b> <b>NO SUNFLOWER (SEEDS, OIL &amp; BUTTER)</b>
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	<b>Thursday, February 1, 2024</b>	<b>Friday, February 2, 2024</b>	
<b>Hot Meal</b>	<b>Spice Rubbed Chicken Fillet</b>	<b>Beef Taco Meat Over Rice</b>	<b>Week I</b>
	Steamed Rice	Serve Seasoned Beef on Brown Rice	
	Fresh Broccoli	Black Beans & Carrots	
	Fruit of the Day	Fruit of the Day & Corn Chips	
	Milk Substitute	Milk Substitute	

	<b>Monday, February 5, 2024</b>	<b>Tuesday, February 6, 2024</b>	<b>Wednesday, February 7, 2024</b>	<b>Thursday, February 8, 2024</b>	<b>Friday, February 9, 2024</b>	
<b>Hot Meal</b>	<b>Chicken Supreme</b>	<b>Beef Nachos</b>	<b>Marinated Grilled Chicken Fillet</b>	<b>Chicken Pilaf</b>	<b>Beef &amp; Potatoes</b>	<b>Week II</b>
	Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Sliced Cucumbers	Steamed Rice	
	Fresh Baby Carrots	Black Bean & Corn	Crisp Broccoli	Fruit of the Day	Steamed Peas	
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	
	Milk Substitute	Milk Substitute	Milk Substitute		Milk Substitute	

	<b>Monday, February 12, 2024</b>	<b>Tuesday, February 13, 2024</b>	<b>Wednesday, February 14, 2024</b>	<b>Thursday, February 15, 2024</b>	<b>Friday, February 16, 2024</b>	
<b>Hot Meal</b>	<b>Chicken Fried Rice</b>	<b>Beef &amp; Broccoli</b>	<b>Chicken Fajita w/Rice</b>	<b>Beef Meatballs</b>	<b>Chicken &amp; Potatoes</b>	<b>Week III</b>
	Baby Carrots	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice	
	Fruit of the Day	Steamed Corn	Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli	
	Corn Chips	Fruit of the Day	Black Beans	Fruit of the Day	Fruit of the Day	
	Milk Substitute	Milk Substitute	Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute	

	<b>Monday, February 19, 2024</b>	<b>Tuesday, February 20, 2024</b>	<b>Wednesday, February 21, 2024</b>	<b>Thursday, February 22, 2024</b>	<b>Friday, February 23, 2024</b>	
<b>Hot Meal</b>	<b>Yummy Beef &amp; Scallion</b>	<b>Chicken Sukkhar</b>	<b>Beef Fried Rice</b>	<b>Spice Rubbed Chicken Fillet</b>	<b>Beef Taco Meat Over Rice</b>	<b>Week IV</b>
	Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice	Serve Seasoned Beef on Brown Rice	
	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Fresh Broccoli	Black Beans & Carrots	
	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	Fruit of the Day & Corn Chips	
	Milk Substitute	Milk Substitute		Milk Substitute	Milk Substitute	

	<b>Monday, February 26, 2024</b>	<b>Tuesday, February 27, 2024</b>	<b>Wednesday, February 28, 2024</b>	<b>Thursday, February 29, 2024</b>		
<b>Hot Meal</b>	<b>Chicken Supreme</b>	<b>Beef Nachos</b>	<b>Marinated Grilled Chicken Fillet</b>	<b>Chicken Pilaf</b>		<b>Week V</b>
	Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Sliced Cucumbers		
	Fresh Baby Carrots	Black Bean & Corn	Crisp Broccoli	Fruit of the Day		
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Milk Substitute		
	Milk Substitute	Milk Substitute	Milk Substitute			

Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants ) etc

Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For non-dairy allergic participants ) etc. Skim & 1% milk served as needed for non-dairy allergies. The menus are 100% pork-free. All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products. All rice dishes /rice products are made of whole grain brown rice.

March 2024 Menu (Subject to Change)

<b>Hot Meal</b>					<b>Friday, March 1, 2024</b>	<b>Week V</b>
					<b>Beef &amp; Potatoes</b>	
					Steamed Rice	
					Steamed Peas	
					Fruit of the Day	
				Milk Substitute		

<b>Hot Meal</b>	<b>Monday, March 4, 2024</b>	<b>Tuesday, March 5, 2024</b>	<b>Wednesday, March 6, 2024</b>	<b>Thursday, March 7, 2024</b>	<b>Friday, March 8, 2024</b>	<b>Week VI</b>
	<b>Chicken Fried Rice</b>	<b>Beef &amp; Broccoli</b>	<b>Chicken Fajita w/Rice</b>	<b>Beef Meatballs</b>	<b>Chicken &amp; Potatoes</b>	
	Baby Carrots	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice	
	Fruit of the Day	Steamed Corn	Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli	
	Corn Chips	Fruit of the Day	Black Beans	Fruit of the Day	Fruit of the Day	
Milk Substitute	Milk Substitute	Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute		

<b>Hot Meal</b>	<b>Monday, March 11, 2024</b>	<b>Tuesday, March 12, 2024</b>	<b>Wednesday, March 13, 2024</b>			<b>Week I</b>
	<b>Yummy Beef &amp; Scallion</b>	<b>Chicken Sukkhar</b>	<b>Beef Fried Rice</b>			
	Golden Corn Chips	Steamed Rice	Steamed Peas			
	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day			
	Fruit of the Day	Fruit of the Day	Milk Substitute			
Milk Substitute	Milk Substitute					