


## ALLERGEN MENU LUNCH – JANUARY MENU

Milk [M] Egg [E] Tomato [T] Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] Sesame [SE] Cinnamon [CN] No Peanuts or Tree Nuts are used in these menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>MONDAY</b></p>	<p><b>TUESDAY</b></p> <p>2 oz CN Hamburger Patty [S] w/ Ketchup [T] 1 <b>WG Bun</b> [S] [G] ¼ c Baked Beans [C] ¼ c <b>Mandarin Oranges</b> ¾ c Milk [M]</p> <p><i>Veg: 1 Veggie Burger</i> [S] [T]</p>	<p><b>WEDNESDAY</b></p> <p><u>Make Your Own Wrap</u></p> <p>1 oz Turkey (2 slices) [C] 2 tbsp Hummus [SE] ½ oz Cheddar Cheese [D] 1 <b>WG Flour Tortilla</b> [G] [C] ½ c Tossed Salad w/ Ranch [T] [E] [S] <b>EHS: ¼ c Broccoli</b> ¼ c <b>Fresh Fruit Salad</b> ¾ c Milk [M]</p> <p><i>Veg: 1/8 c Hummus Wrap</i> [SE] w 1 oz <b>Fresh Mozzarella Cheese</b> [D]</p>	<p><b>THURSDAY</b></p> <p>2 Chicken Tenders [G] [S] w Honey Mustard 1 <b>WG Cornbread</b> [G] [C] [E] [S] [D] 1/4 C Coleslaw [S] [C] [E] <b>EHS: Cooked Carrots</b> ¼ c <b>Apple Slices</b> <b>EHS:</b> <b>Applesauce</b> ¾ c Milk [M]</p> <p><i>Veg: 3 Vegetarian Nuggets</i> [S] [G] [C]</p>	<p><b>FRIDAY</b></p> <p>½ c Macaroni &amp; Cheese [G] [S] [E] [C] (2 oz M/MA, ¼ c wg noodles ½ oz) 1 String Cheese [D] ¼ c Peas ¼ c <b>Fruit Mix cocktail</b> ¾ c Milk [M]</p> <p><i>Veg: Same</i></p>
<p>½ c Beef Vegetable Lomein (1/4 c Stir Fried Asian Vegetables [S] 1/4 c Beef) ¼ c Lomain Noodles [G] [S] ¼ c <b>Mandarin Oranges</b> ¾ c Milk [M]</p> <p><i>Veg: ½ c Vegetable Lomein</i> [S] 1 <b>String Cheese</b> [D]</p>	<p>4 Chicken Nuggets [G] [S] 1 <b>WG Roll</b> (1 oz) [G] [S] [C] ¼ c <b>Corn</b> [C] ¼ c <b>Pears</b> ¾ c Milk [M]</p> <p><i>Veg: 3 Vegetarian Nuggets</i> [S] [G] [C]</p>	<p>2 oz Fish Fillet [G] [S] [C] [D] 1 <b>WG Biscuit</b> [G] [C] ¼ c Coleslaw [S] [C] [E] <b>EHS: Steamed Carrots w Ranch</b> [D] [E] [S] ¼ c <b>Tropical Fruit Salad</b> ¾ c Milk [M]</p> <p><i>Veg: 2 Vegan Fish</i></p>	<p>½ c Chicken Spaghetti [G] [S] [D] (2oz Chicken and ¼ c Noodles) ½ c <b>Spinach with Italian</b> [S] [C] <b>EHS:</b> <b>Steamed Spinach</b> ¼ c <b>Fresh Fruit Salad</b> ¾ c Milk [M]</p> <p><i>Veg: 1/2 c Cheesy Spaghetti</i> [G] [D] 1 <b>String Cheese</b> [D]</p>	<p><u>Make Your Own Burrito:</u></p> <p>¼ c Black Beans [T] ½ c Shredded Monterey Cheese [D] 1 6 in <b>WG Tortilla</b> [G] [C] ½ c Shredded <b>Romaine</b> ¼ c <b>Peaches</b> ¾ c Milk [M]</p> <p><i>Veg: Same</i></p>
<p><b>Martin Luther King, Jr. Day</b></p>	<p><u>Make Your Own Taco</u></p> <p>¼ c Beef Taco Meat [T] ½ c <b>Shredded Lettuce</b> 2 TBSP Shredded Cheddar Cheese [D] 1 oz <b>WG Tortilla</b> [G] [C] ¼ c Diced Melon Salad ¾ c Milk [M]</p> <p><i>Veg: 3/8 c Black Beans</i> [T]</p>	<p>4 Cheese Ravioli [D] [E] [G] [T] w Marinara Sauce [T] ¼ c Peas 1 oz <b>WG Roll</b> [G] [S] [C] ¼ c <b>Pineapple</b> ¾ c Milk [M]</p> <p><i>Veg: Same</i></p>	<p>2 oz Tuna Salad [E] 1 Slider <b>WG Bread</b> [G] ¼ c <b>Broccoli w Italian</b> [S] [C] <b>EHS: Steamed Broccoli</b> <b>2 Orange Wedges</b> <b>EHS:</b> <b>Mandarin Oranges</b> ¾ c Milk [M]</p> <p><i>Veg: 2 oz Fresh Mozzarella Cheese</i></p>	<p>½ c Macaroni &amp; Cheese [G] [S] [D] [E] [C] (2 oz M/MA, ¼ c wg noodles ½ oz) 3/8 c Vegetarian Baked Bean [C] ½ c Tossed Salad w/ Ranch [T] [E] [S] <b>EHS: Cooked Cauliflower</b> ¼ c Diced <b>Cantaloupe</b> ¾ c Milk [M]</p> <p><i>Veg: Same</i></p>
<p>2 oz Beef BBQ Sandwich [S] 1 <b>WG Bun</b> (1 oz) [S] [G] ¼ c Cauliflower ¼ c <b>Pineapple Tidbits</b> ¾ c Milk [M]</p> <p><i>Veg: 1 Veggie Burger</i> [G] [S]</p>	<p><u>Make Your Own Bowl</u></p> <p>¼ c Popcorn Chicken (2oz) [G] [S] ¼ c Mashed Potatoes [D] 1 oz <b>WG Dinner Roll</b> [G] [S] [C] ¼ c Diced <b>Honeydew</b> ¾ c Milk [M]</p> <p><i>Veg: 3 Vegetarian Nuggets</i> [S] [G] [C]</p>	<p><u>Penne Meatballs</u></p> <p>3 Meatballs [D] [G] [S] w Marinara Sauce [T] ¼ c <b>WG Penne Pasta</b> ¼ c Spinach w Ranch [D] [E] [S] <b>EHS:</b> <b>Steamed Spinach</b> ¼ c <b>Apple Slices</b> <b>EHS: Applesauce</b> ¾ c Milk [M]</p> <p><i>Veg: ½ c Penne</i> [G] [with Cheese]</p>	<p>½ c Chicken Curry Casserole [S] [D] 1 oz Flatbread [G] [C] ¼ c <b>Mixed Vegetables</b> ¼ c <b>Fresh Fruit Salad</b> ¾ c Milk [M]</p> <p><i>Veg: Southwest Tofu Scrambled</i> [S] / <b>Yogurt</b> [D]</p>	<p><u>Make Your Own Pizza</u></p> <p>1 oz English Muffin [G] [S] [C] 2 oz Shredded Mozzarella Cheese [D] ¼ c Marinara Sauce [T] ¼ c Parmesan Roasted <b>Broccoli</b> [D] <b>2 Orange Wedges</b> <b>EHS: Mandarin</b> <b>Oranges</b> ¾ c Milk [M]</p> <p><i>Veg: Same</i></p>
<p>3 CN Chicken Patty Sandwich [S] [G] w/ Cheddar Cheese [D] 1 oz <b>WG Bun</b> [S] [G] ¼ c <b>Green Beans</b> ¼ c <b>Applesauce</b> ¾ c Milk [M]</p> <p><i>Veg: 3 Vegetarian Nuggets</i> [S] [G] [C]</p>	<p>¾ c Cuban Black Bean Rice [T] (#6 scoop- black beans, #8 scoop- rice) ¼ c Brown Rice ¼ c Field Green Salad w Italian [S] [C] <b>EHS: Steamed Baby Carrots</b> ¼ c Diced Honeydew ¾ c Milk [M]</p> <p><i>Veg: Same</i></p>			

LUNCH