

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

|  |   |
|--|---|
| <b>No Dairy</b><br><b>No Gluten (No Wheat)</b><br><b>No Egg</b><br><b>No Soy</b><br><b>No Fish</b> | <b>No Shell Fish</b><br><b>No Sesame (Seeds &amp; Oil)</b><br><b>No Peanuts</b><br><b>No Tree Nuts</b><br><b>No Sunflower (Seeds, Oil &amp; Butter)</b> |
|--|---|

|                 | Monday, April 1, 2024            | Tuesday, April 2, 2024 | Wednesday, April 3, 2024 | Thursday, April 4, 2024            | Friday, April 5, 2024             |                |
|-----------------|----------------------------------|------------------------|--------------------------|------------------------------------|-----------------------------------|----------------|
| <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                   |                |

|                 | Monday, April 8, 2024  | Tuesday, April 9, 2024        | Wednesday, April 10, 2024 | Thursday, April 11, 2024 | Friday, April 12, 2024              |               |
|-----------------|------------------------|-------------------------------|---------------------------|--------------------------|-------------------------------------|---------------|
| <b>Hot Meal</b> | <b>Chicken Supreme</b> | <b>Beef Nachos</b>            |                           |                          |                                     | <b>Week V</b> |
|                 | Steamed Rice           | Taco Beef & Golden Corn Chips | <b>Conferences</b>        | <b>Conferences</b>       | <b>Professional Development Day</b> |               |
|                 | Fresh Baby Carrots     | Black Bean & Corn             | <b>No School</b>          | <b>No School</b>         | <b>No School</b>                    |               |
|                 | Fruit of the Day       | Fruit of the Day              |                           |                          |                                     |               |
|                 | Milk Substitute        | Milk Substitute               |                           |                          |                                     |               |

|                 | Monday, April 15, 2024    | Tuesday, April 16, 2024    | Wednesday, April 17, 2024          | Thursday, April 18, 2024 | Friday, April 19, 2024        |                |
|-----------------|---------------------------|----------------------------|------------------------------------|--------------------------|-------------------------------|----------------|
| <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 VI</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               |                |

|                 | Monday, April 22, 2024           | Tuesday, April 23, 2024 | Wednesday, April 24, 2024 | Thursday, April 25, 2024           | Friday, April 26, 2024            |               |
|-----------------|----------------------------------|-------------------------|---------------------------|------------------------------------|-----------------------------------|---------------|
| <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 I</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                   |               |

|                 | Monday, April 29, 2024 | Tuesday, April 30, 2024       |  |  |  |                |
|-----------------|------------------------|-------------------------------|--|--|--|----------------|
| <b>Hot Meal</b> | <b>Chicken Supreme</b> | <b>Beef Nachos</b>            |  |  |  | <b>Week II</b> |
|                 | Steamed Rice           | Taco Beef & Golden Corn Chips |  |  |  |                |
|                 | Fresh Baby Carrots     | Black Bean & Corn             |  |  |  |                |
|                 | Fruit of the Day       | Fruit of the Day              |  |  |  |                |
|                 | 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.

Skim, 1% milk or milk substitute offered daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

The menus are 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.



| May 2024 Menu (Subject to Change) |   |                                    |                               |                              |                               |
|-----------------------------------|---|------------------------------------|-------------------------------|------------------------------|-------------------------------|
| <b>Hot Meal</b>                   | <b>Wednesday, May 1, 2024</b>           |                                    | <b>Thursday, May 2, 2024</b>  |                              | <b>Friday, May 3, 2024</b>    |
|                                   | <b>Marinated Grilled Chicken Fillet</b> |                                    | <b>Chicken Pilaf</b>          |                              | <b>Beef &amp; Potatoes</b>    |
|                                   | Brown Rice                              |                                    | Sliced Cucumbers              |                              | Steamed Rice                  |
|                                   | Crisp Broccoli                          |                                    | Fruit of the Day              |                              | Steamed Peas                  |
|                                   | Fruit of the Day                        |                                    | Milk Substitute               |                              | Fruit of the Day              |
| Milk Substitute                   |   |                                    |                               | Milk Substitute              |                               |
| <b>Hot Meal</b>                   | <b>Monday, May 6, 2024</b>              | <b>Tuesday, May 7, 2024</b>        | <b>Wednesday, May 8, 2024</b> | <b>Thursday, May 9, 2024</b> | <b>Friday, May 10, 2024</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              |                               |