

Menu Name : K-8 Allergen Free Lunch Menu

Grade Level / Age Group : K-8 Grades

Meal Pattern : NSLP

Meal : Lunch

DECEMBER - 2024

No Dairy
No Gluten (No Wheat)
No Egg
No Soy
No Fish

No Shell Fish
No Sesame (Seeds & Oil)
No Peanuts
No Tree Nuts
No Sunflower (Seeds, Oil & Butter)

Hot Meals	Monday, December 2, 2024		Tuesday, December 3, 2024		Wednesday, December 4, 2024		Thursday, December 5, 2024		Friday, December 6, 2024		Week III	
	Chicken Fried Rice		Beef & Broccoli		Chicken Fajita w/Rice		Beef Meatballs		Chicken & Potatoes			
	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			
Hot Meals	Monday, December 9, 2024		Tuesday, December 10, 2024		Wednesday, December 11, 2024		Thursday, December 12, 2024		Friday, December 13, 2024		Week IV	
	Yummy Beef & Scallion		Chicken Sukkhar		Beef Fried Rice		Spice Rubbed Chicken Fille		Beef Taco Meat Over Rice			
	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			
Hot Meal	Monday, December 16, 2024		Tuesday, December 17, 2024		Wednesday, December 18, 2024		Thursday, December 19, 2024		Friday, December 20, 2024		Week V	
	Chicken Supreme		Beef Nachos		Marinated Grilled Chicken Fillet		Chicken Pilaf		Beef & Potatoes			
	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			
Hot Meal	Monday, December 23, 2024		Tuesday, December 24, 2024		Wednesday, December 25, 2024		Thursday, December 26, 2024		Friday, December 27, 2024		Week VI	
	No School		No School		No School		No School		No School			
Hot Meal	Monday, December 30, 2024		Tuesday, December 31, 2024		Lunch Recipes Pass Tests Too!							Week I
	No School		No School		Just like students, our lunch recipes must pass a lot of tests! Tests like:							
					•Trendiness •Cultural relevance •Flavor •Spiciness •Nutritional quality					•Ability to be made in large quantities •Labor intensity to prepare •Ingredient availability •Taste after being held at temperature for a while		
And they must pass the real test – TASTE TESTS! New entrées are evaluated by sometimes more than 100 people of a large age range before being added to our menu.												

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

Milk / Milk Substitute offered daily. Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants) etc.
All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.This menu is 100% pork-free.
All rice dishes /rice products are made of whole grain brown rice.



JANUARY 2025 Menu (Subject to Change)					
Hot Meal			Wednesday, January 1, 2025	Thursday, January 2, 2025	Friday, January 3, 2025
			No School	No School	No School
Hot Meal	Monday, January 6, 2025	Tuesday, January 7, 2025	Wednesday, January 8, 2025	Thursday, January 9, 2025	Friday, January 10, 2025
	Chicken Supreme Steamed Rice Fresh Baby Carrots Fruit of the Day Milk Substitute	Beef Nachos Taco Beef & Golden Corn Chips Black Bean & Corn Fruit of the Day Milk Substitute	Marinated Grilled Chicken Fillet Brown Rice Crisp Broccoli Fruit of the Day Milk Substitute	Chicken Pilaf Sliced Cucumbers Fruit of the Day Milk Substitute	Beef & Potatoes Steamed Rice Steamed Peas Fruit of the Day Milk Substitute