

Menu Name : K-8 Allergen Free Lunch Menu	Meal Pattern : NSLP	Meal: Lunch
Grade Level / Age Group : K-8 Grades		
March - 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)
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Hot Meal		Friday, March 1, 2024 Beef & Potatoes Steamed Rice Steamed Peas Fruit of the Day Milk Substitute	Week V
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	Monday, March 4, 2024	Tuesday, March 5, 2024	Wednesday, March 6, 2024	Thursday, March 7, 2024	Friday, March 8, 2024	
Hot Meal	Chicken Fried Rice Baby Carrots Fruit of the Day Corn Chips Milk Substitute	Beef & Broccoli Brown Rice Steamed Corn Fruit of the Day Milk Substitute	Chicken Fajita w/Rice Seasoned Chicken & Peppers Served w/ Brown Rice Black Beans Fruit of the Day & Milk Substitute	Beef Meatballs Brown Rice Steamed Green Beans Fruit of the Day Milk Substitute	Chicken & Potatoes Steamed Rice Crisp Broccoli Fruit of the Day Milk Substitute	Week VI

	Monday, March 11, 2024	Tuesday, March 12, 2024	Wednesday, March 13, 2024	Thursday, March 14, 2024	Friday, March 15, 2024	
Hot Meal	Yummy Beef & Scallion Golden Corn Chips Black Bean & Fresh Carrots Fruit of the Day Milk Substitute	Chicken Sukkhar Steamed Rice Steamed Green Beans Fruit of the Day Milk Substitute	Beef Fried Rice Steamed Peas Fruit of the Day Milk Substitute	Spice Rubbed Chicken Fillet Steamed Rice Fresh Broccoli Fruit of the Day Milk Substitute	Beef Taco Meat Over Rice Serve Seasoned Beef on Brown Rice Black Beans & Carrots Fruit of the Day & Corn Chips Milk Substitute	Week I

	Monday, March 18, 2024	Tuesday, March 19, 2024	Wednesday, March 20, 2024	Thursday, March 21, 2024	Friday, March 22, 2024	
Hot Meal	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	Week II

	Monday, March 25, 2024	Tuesday, March 26, 2024	Wednesday, March 27, 2024	Thursday, March 28, 2024	Friday, March 29, 2024	
Hot Meal	Chicken Fried Rice Baby Carrots Fruit of the Day Corn Chips Milk Substitute	Beef & Broccoli Brown Rice Steamed Corn Fruit of the Day Milk Substitute	Chicken Fajita w/Rice Seasoned Chicken & Peppers Served w/ Brown Rice Black Beans Fruit of the Day & Milk Substitute	Beef Meatballs Brown Rice Steamed Green Beans Fruit of the Day Milk Substitute	Chicken & Potatoes Steamed Rice Crisp Broccoli Fruit of the Day Milk Substitute	Week III

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 daily. 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.

April 2024 Menu (Subject to Change)

	Monday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024	
Hot Meal	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice	Week IV
	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	
Hot Meal	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Week V
	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		