



Menu Name : K-8 Grades Allergen Free Lunch Menu Grade Level / Age Group : K-8 Grades	Meal Pattern : NSLP	Meal : Lunch
JANUARY - 2025		

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	COLOR YOUR TRAY: The Power of Fruits in School Meals From fresh and frozen to canned, dried and 100% juice, all forms of fruit have a place on our school meal menus. Whether it's enjoying a juicy pear at lunch or enjoying a handful of raisins as a snack, every fruit choice contributes to one's overall health and well-being. Fruit is packed with essential vitamins, minerals and antioxidants that promote overall health and well-being. Whether it's the vitamin C boost from citrus fruits, the potassium-rich goodness of bananas or the fiber-packed sweetness of apples, each fruit offers its unique nutritional benefits. By incorporating a variety of fruits into our school meals, we provide students with a range of nutrients to help them thrive both in and out of the classroom.	Wednesday, January 1, 2025 No School	Thursday, January 2, 2025 No School	Friday, January 3, 2025 No School	Week I
------------------	---	---	--	--	---------------

Hot Meals	Monday, January 6, 2025	Tuesday, January 7, 2025	Wednesday, January 8, 2025	Thursday, January 9, 2025	Friday, January 10, 2025	Week II
	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	
	Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Crisp Broccoli	Steamed Rice	
	Steamed Green Beans	Black Bean & Corn	Fresh Baby Carrots	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 Meals	Monday, January 13, 2025	Tuesday, January 14, 2025	Wednesday, January 15, 2025	Thursday, January 16, 2025	Friday, January 17, 2025	Week III
	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes	
	Steamed Broccoli	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice	
	Fruit of the Day	Steamed Corn	Served w/ Brown Rice	Steamed Carrots & Peas	Fresh Carrot Slims	
	Milk Substitute	Fruit of the Day	Black Beans	Fruit of the Day	Fruit of the Day	
	Milk Substitute	Fruit of the Day & Milk Substitute	Corn Chips & Milk Substitute	Milk Substitute		

Hot Meals	Monday, January 20, 2025	Tuesday, January 21, 2025	Wednesday, January 22, 2025	Thursday, January 23, 2025	Friday, January 24, 2025	Week IV
	No School	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice	
		Steamed Rice	Fresh Broccoli	Steamed Rice	Serve Seasoned Beef on Brown Rice	
		Steamed Green Beans	Fruit of the Day	Baby Carrots	Steamed Black Beans & Corn	
		Fruit of the Day	Milk Substitute	Fruit of the Day	Fruit of the Day & Corn Chips	
	Milk Substitute		Milk Substitute	Milk Substitute		

Hot Meals	Monday, January 27, 2025	Tuesday, January 28, 2025	Wednesday, January 29, 2025	Thursday, January 30, 2025	Friday, January 31, 2025	Week V
	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	
	Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Crisp Broccoli	Steamed Rice	
	Steamed Green Beans	Black Bean & Corn	Fresh Baby Carrots	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		

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. This menu is 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.



FEBRUARY 2025 Menu (Subject to Change)

		Monday, February 3, 2025	Tuesday, February 4, 2025	Wednesday, February 5, 2025	Thursday, February 6, 2025	Friday, February 7, 2025		
Hot Meals	Chicken Fried Rice		Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs			Week VI
	Steamed Broccoli		Brown Rice	Seasoned Chicken & Peppers	Brown Rice			
	Fruit of the Day		Steamed Corn	Served w/ Brown Rice	Steamed Carrots & Peas			
	Milk Substitute		Fruit of the Day	Black Beans	Fruit of the Day			
			Milk Substitute	Fruit of the Day & Milk Substitute	Corn Chips & Milk Substitute			
		Monday, February 10, 2025	Tuesday, February 11, 2025	Wednesday, February 12, 2025	Thursday, February 13, 2025	Friday, February 14, 2025		
Hot Meals	Yummy Beef & Scallion		Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Filler	Beef Taco Meat Over Rice		Week I
	Golden Corn Chips		Steamed Rice	Fresh Broccoli	Steamed Rice	Serve Seasoned Beef on Brown Rice		
	Black Bean & Fresh Carrots		Steamed Green Beans	Fruit of the Day	Baby Carrots	Steamed Black Beans & Corn		
	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		