



food2you

Nut-free facility
 Local and organic fresh
 fruits & vegetables
 Scratch cooking
food2youinc.com

Lunch Menu / Winter 2023-24

December / January / February

(V) = Vegetarian

WEEK 1

Monday

12/4, 1/1, 1/29, 2/26

- Chicken Sliders
- Whole Grain Rolls*
- Veggie Burger (V)
- Tomato Ketchup
- Green & Yellow Beans
- Fresh Apples

Tuesday

12/5, 1/2, 1/30, 2/27

- Chicken Tacos
- Whole Grain Tortillas*
- Salsa Veggie Crumbles (V)
- Peas & Carrots
- Fresh Bananas

Wednesday

12/6, 1/3, 1/31, 2/28

- WG Crispy Chicken
- Ketchup
- Veggie Bites (V)
- Broccoli & Cauliflower
- Fresh Cantaloupe

Thursday

12/7, 1/4, 2/1, 2/29

- Whole Grain Rotini
- Roasted Tomato Sauce
- Chicken Sausage
- Organic Tomato Tofu (V)
- 4 Veggie Blend
- Fresh Pineapple

Friday

12/8, 1/5, 2/2

- Whole Grain*
Garlic Bread Pizza
- Green Beans &
Diced Carrots
- Fresh Fruit Salad

WEEK 2

12/11, 1/8, 2/5

- Whole Grain
Mac and Cheese
- Broccoli & Cauliflower
- Fresh Apples

12/12, 1/9, 2/6

- Lemon-Herb Chicken
- WG Brown Rice*
- Lemon Herb Tofu (V)
- Peas & Carrots
- Fresh Bananas

12/13, 1/10, 2/7

- Turkey Burger w/ Cheese
- Veggie Burger (V)
- Fresh Buns & Ketchup
- Green & Yellow Beans
- Fresh Honeydew

12/14, 1/11, 2/8

- Whole Grain Chicken Bites*
- Tomato Ketchup
- Veggie Bites (V)
- 4 Veggie Blend
- Fresh Pineapple

12/15, 1/12, 2/9

- Chicken Cacciatore
- Tofu Cacciatore (V)
- Whole Grain Rolls*
- Green Beans
& Diced Carrots
- Fresh Fruit Salad

WEEK 3

12/18, 1/15, 2/12

- Whole Grain Cheese
Tortellini in Garlic
& Herb Oil
- Green & Yellow Beans
- Fresh Apples

12/19, 1/16, 2/13

- Southwest Chicken
& White Rice Bowl*
- Organic Tofu (V)
- Peas & Carrots
- Fresh Bananas

12/20, 1/17, 2/14

- Turkey Meatballs in Brown
Gravy
- Tofu in Gravy (V)
- Whole Grain Rolls*
- Broccoli & Cauliflower
- Fresh Cantaloupe

12/21, 1/18, 2/15

- Chicken Fajitas
- Whole Grain Tortillas
- Tofu Fajitas (V)
- 4 Veggie Blend
- Fresh Pineapple

12/22, 1/19, 2/16

- Chicken Alfredo
- Whole Grain Rotini
- Tofu Alfredo (V)
- Green Beans
& Diced Carrots
- Fresh Fruit Salad

WEEK 4

12/25, 1/22, 2/19

- Whole Grain Bean & Cheese
Burritos
- Broccoli & Cauliflower
- Fresh Apples

12/26, 1/23, 2/20

- Turkey Burger w/ Cheese
- Veggie Burger (V)
- Fresh Buns & Ketchup
- Green & Yellow Beans
- Fresh Bananas

12/27, 1/24, 2/21

- Whole Grain Chicken Bites
- Tomato Ketchup
- Veggie Bites (V)
- Peas & Carrots
- Fresh Honeydew

12/28, 1/25, 2/22

- Stir-Fry Chicken &
WG Brown Rice*
- Asian Tofu (V)
- 4 Veggie Blend
- Fresh Pineapple

12/1, 12/29, 1/26, 2/23

- Chicken Marinara
- Whole Grain Penne
- Veggie Crumbles (V)
- Green Beans
& Diced Carrots
- Fresh Fruit Salad



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Allergy Menu / Winter 2023-24

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Gluten, wheat, egg, dairy, soy, fish, peanut & tree nut free

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	12/4, 1/1, 1/29, 2/26 <ul style="list-style-type: none"> Roasted Chicken Corn Flour Pasta Green & Yellow Beans Fresh Apples 	12/5, 1/2, 1/30, 2/27 <ul style="list-style-type: none"> Chicken in Salsa Corn Tortillas Vegan Cheese Peas & Carrots Fresh Bananas 	12/6, 1/3, 1/31, 2/28 <ul style="list-style-type: none"> Corn Flour Pasta Diced Chicken Broccoli & Cauliflower Fresh Cantaloupe 	12/7, 1/4, 2/1, 2/29 <ul style="list-style-type: none"> Roasted Chicken Corn Flour Noodles 4 Veggie Blend Fresh Watermelon 	12/8, 1/5, 2/2 <ul style="list-style-type: none"> Chicken Quesadillas Vegan Cheese Green Beans & Diced Carrots Fresh Fruit Salad
WEEK 2	12/11, 1/8, 2/5 <ul style="list-style-type: none"> Mac N' Chicken Vegan Cheese Corn Flour Pasta Broccoli & Cauliflower Fresh Apples 	12/12, 1/9, 2/6 <ul style="list-style-type: none"> Lemon-Herb Chicken w/ Brown Rice* Peas & Carrots Fresh Bananas 	12/13, 1/10, 2/7 <ul style="list-style-type: none"> Grilled Chicken Brown Rice Green & Yellow Beans Fresh Honeydew 	12/14, 1/11, 2/8 <ul style="list-style-type: none"> Chicken Breast Corn Flour Pasta 4 Veggie Blend Fresh Watermelon 	12/15, 1/12, 2/9 <ul style="list-style-type: none"> Chicken in Salsa Corn Tortillas Green Beans & Diced Carrots Fresh Fruit Salad
WEEK 3	12/18, 1/15, 2/12 <ul style="list-style-type: none"> Chicken & Herbs Corn Flour Noodles Green & Yellow Beans Fresh Apples 	12/19, 1/16, 2/13 <ul style="list-style-type: none"> Southwest Chicken White Rice Bowl* Peas & Carrots Fresh Bananas 	12/20, 1/17, 2/14 <ul style="list-style-type: none"> Chicken in Salsa Corn Tortillas Broccoli & Cauliflower Fresh Cantaloupe 	12/21, 1/18, 2/15 <ul style="list-style-type: none"> Roasted Chicken Corn Flour Pasta 4 Veggie Blend Fresh Watermelon 	12/22, 1/19, 2/16 <ul style="list-style-type: none"> Chicken Fajitas Corn Tortillas Green Beans & Diced Carrots Fresh Fruit Salad
WEEK 4	12/25, 1/22, 2/19 <ul style="list-style-type: none"> Vegetarian Burrito Bowl Corn Tortillas Broccoli & Cauliflower Fresh Apples 	12/26, 1/23, 2/20 <ul style="list-style-type: none"> Chicken Breast Corn Tortillas Green & Yellow Beans Fresh Bananas 	12/27, 1/24, 2/21 <ul style="list-style-type: none"> Grilled Chicken Corn Flour Pasta Peas & Carrots Fresh Honeydew 	12/28, 1/25, 2/22 <ul style="list-style-type: none"> Stir-Fry Chicken Brown Rice 4 Veggie Blend Fresh Watermelon 	12/1, 12/29, 1/26, 2/23 <ul style="list-style-type: none"> Corn Flour Pasta Tofu & Vegan Cheese Green Beans Diced Carrots Fresh Fruit Salad