

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
	9/9, 10/7, 11/4	9/10, 10/8, 11/5	9/11, 10/9, 11/6	9/12, 10/10, 11/7	9/13, 10/11, 11/8
<b>Week 1</b>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>Toasted Oats, Oranges, Org. Milk</li> </ul> <b>Lunch</b> <ul style="list-style-type: none"> <li>Chx. Sliders, WG Rolls, <b>V</b> Veg. Burger, Tomato Ketchup, Green Beans &amp; Cauliflower, Apples</li> </ul> <b>Snack</b> <ul style="list-style-type: none"> <li>Mini Pretzel Twists, String Cheese, Water</li> </ul>	<ul style="list-style-type: none"> <li>WG Pancakes* w/ Applesauce, Pineapple, Org. Milk</li> <li>Chx. Fajitas, WG Tortillas <b>V</b> Tofu Fajitas, Peas &amp; Carrots, Bananas</li> <li>Kids Mix, Peaches, Water</li> </ul>	<ul style="list-style-type: none"> <li>WG Biscuits*, Turkey Sausage, <b>V</b> Eggs, Oranges, Org. Milk</li> <li>Three Cheese Ravioli, Marinara, Broccoli &amp; Yellow Beans, Cantaloupe</li> <li>Cheddar Goldfish, Org. Milk</li> </ul>	<ul style="list-style-type: none"> <li>Mini Bagels, Cream Cheese, Apples, Org. Milk</li> <li>Southwest Chx., Brown Rice Bowl, <b>V</b> Org. Tofu, 4 Veggie Blend, Watermelon</li> <li>Vanilla Yogurt, Bananas, Water</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Muffins, Honeydew, Org. Milk</li> <li>WG* Garlic Bread Pizza, Green Beans, Diced Carrots, Fruit Salad</li> <li>Club Crackers, Apples, Water</li> </ul>
	9/16, 10/14, 11/11	9/17, 10/15, 11/12	9/18, 10/16, 11/13	9/19, 10/17, 11/14	9/20, 10/18, 11/15
<b>Week 2</b>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>Corn Chex, Oranges, Org. Milk</li> </ul> <b>Lunch</b> <ul style="list-style-type: none"> <li>WG Mac &amp; Cheese, Broccoli &amp; Yellow Beans, Apples</li> </ul> <b>Snack</b> <ul style="list-style-type: none"> <li>Mini Croissant, American Cheese, Water</li> </ul>	<ul style="list-style-type: none"> <li>Hash Browns, Scrambled Eggs, Pineapple, Org. Milk</li> <li>Chx. Meatballs In Brown Gravy, <b>V</b> Tofu In Gravy, WG Rolls, Peas &amp; Carrots, Bananas</li> <li>Cheddar Goldfish, Plums, Org. Milk</li> </ul>	<ul style="list-style-type: none"> <li>WG French Toast Sticks, Turkey Sausage, <b>V</b> Eggs, Apples, Org. Milk</li> <li>Turkey Burger w/ Cheese, <b>V</b> Veg. Burger, Buns &amp; Ketchup, Green Beans &amp; Cauliflower, Honeydew</li> <li>Mini Bagels, Cream Chz., Milk</li> </ul>	<ul style="list-style-type: none"> <li>Toasted Oats, Strawberry Yogurt, Oranges, Org. Milk</li> <li>WG Chx. Bites*, Tomato Ketchup, <b>V</b> Veg. Bites, 4 Veg. Blend, Watermelon</li> <li>Animal Crackers, Bananas, Water</li> </ul>	<ul style="list-style-type: none"> <li>Apple Spice Muffins, Cantaloupe, Org. Milk</li> <li>Pasta &amp; Chx. Stroganoff, <b>V</b> Tofu Stroganoff, Green Beans &amp; Diced Carrots, Fruit Salad</li> <li>WG Wheat Crackers, Apples, Water</li> </ul>
	9/23, 10/21, 11/18	9/24, 10/22, 11/19	9/25, 10/23, 11/20	9/26, 10/24, 11/21	9/27, 10/25, 11/22
<b>Week 3</b>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>Shredded Mini Wheats, Oranges, Org. Milk</li> </ul> <b>Lunch</b> <ul style="list-style-type: none"> <li>WG Cheese Tortellini In Garlic &amp; Herb Oil, Green Beans &amp; Cauliflower, Apples</li> </ul> <b>Snack</b> <ul style="list-style-type: none"> <li>Ritz Crackers, String Cheese, Water</li> </ul>	<ul style="list-style-type: none"> <li>WG Pancakes* w/ Applesauce, Pineapple, Org. Milk</li> <li>WG Rotini, Roasted Tomato Sauce, Chx. Sausage <b>V</b> Org. Tomato Tofu, Peas &amp; Carrots, Bananas</li> <li>Mini Bagels, Cream Cheese, Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Homemade WG Granola*, Vanilla Yogurt, Apples, Org. Milk</li> <li>Chx. Meatballs In Brown Gravy, <b>V</b> Tofu In Gravy, WG Rolls, Broccoli &amp; Yellow Beans, Cantaloupe</li> <li>Saltine Crackers, American Cheese, Water</li> </ul>	<ul style="list-style-type: none"> <li>Hash Browns, Turkey Sausage, Oranges, Org. Milk</li> <li>Chx. Fajitas, WG Tortillas <b>V</b> Tofu Fajitas, Veggie Blend, Watermelon</li> <li>Graham Squares*, Bananas, Water</li> </ul>	<ul style="list-style-type: none"> <li>Lemon Poppy Muffins, Honeydew, Org. Milk</li> <li>Chx. Alfredo, WG Rotini, <b>V</b> Tofu Alfredo, Green Beans, Diced Carrots, Fruit Salad</li> <li>Kids Mix, Apples, Water</li> </ul>
	9/2, 9/30, 10/28, 11/25	9/3, 10/1, 10/29, 11/26	9/4, 10/2, 10/30, 11/27	9/5, 10/3, 10/31, 11/28	9/6, 10/4, 11/1, 11/29
<b>Week 4</b>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>Rice Krispies, Oranges, Org. Milk</li> </ul> <b>Lunch</b> <ul style="list-style-type: none"> <li>Turkey Burger w/ Cheese, <b>V</b> Veggie Burger, Buns &amp; Ketchup, Broccoli &amp; Yellow Beans, Apples</li> </ul> <b>Snack</b> <ul style="list-style-type: none"> <li>WG Wheat Crackers*, American Cheese, Water</li> </ul>	<ul style="list-style-type: none"> <li>WG Waffles* w/ Applesauce, Pineapple, Org. Milk</li> <li>Herb Chx. &amp; WG Rotini Pasta, <b>V</b> Org. Herb Tofu, Green Beans &amp; Cauliflower, Bananas</li> <li>Animal Crackers, Plums, Water</li> </ul>	<ul style="list-style-type: none"> <li>Mini Bagels, Cream Cheese, Apples, Org. Milk</li> <li>WG Chx. Bites*, Tomato Ketchup, <b>V</b> Veg. Bites, Peas &amp; Carrots, Honeydew</li> <li>Toasted Oats, Vanilla Yogurt, Water</li> </ul>	<ul style="list-style-type: none"> <li>WG Biscuits*, Turkey Sausage, <b>V</b> Eggs, Oranges, Org. Milk</li> <li>WG* Mac And Cheese, 4 Veggie Blend, Watermelon</li> <li>Mini Croissant, Bananas, Water</li> </ul>	<ul style="list-style-type: none"> <li>Orange Blossom Muffins, Cantaloupe, Org. Milk</li> <li>Chx. Marinara, WG Penne, <b>V</b> Veg. Crumbles, Green Beans, Diced Carrots, Fruit Salad</li> <li>Club Crackers, Apples, Water</li> </ul>

# Fall Allergy Menu 2024

September / October / November



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	9/9, 10/7, 11/4	9/10, 10/8, 11/5	9/11, 10/9, 11/6	9/12, 10/10, 11/7	9/13, 10/11, 11/8
	<b>Lunch</b> <ul style="list-style-type: none"> <li>• Roasted Chicken</li> <li>• Corn Flour Pasta</li> <li>• Green Beans &amp; Cauliflower</li> <li>• Fresh Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken In Salsa</li> <li>• Corn Tortillas</li> <li>• Vegan Cheese</li> <li>• Peas &amp; Carrots</li> <li>• Fresh Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Corn Flour Pasta</li> <li>• Diced Chicken</li> <li>• Broccoli &amp; Yellow Beans</li> <li>• Fresh Cantaloupe</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted Chicken</li> <li>• Corn Flour Noodles</li> <li>• 4 Veggie Blend</li> <li>• Fresh Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Quesadillas</li> <li>• Vegan Cheese</li> <li>• Green Beans</li> <li>• Diced Carrots</li> <li>• Fresh Fruit Salad</li> </ul>
Week 2	9/16, 10/14, 11/11	9/17, 10/15, 11/12	9/18, 10/16, 11/13	9/19, 10/17, 11/14	9/20, 10/18, 11/15
	<b>Lunch</b> <ul style="list-style-type: none"> <li>• Mac N' Chicken</li> <li>• Vegan Cheese</li> <li>• Corn Flour Pasta</li> <li>• Broccoli &amp; Yellow Beans</li> <li>• Fresh Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Herbed Chicken</li> <li>• Brown Rice</li> <li>• Peas &amp; Carrots</li> <li>• Fresh Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Chicken</li> <li>• Brown Rice</li> <li>• Green Beans &amp; Cauliflower</li> <li>• Fresh Honeydew</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Breast</li> <li>• Corn Flour Pasta</li> <li>• 4 Veggie Blend</li> <li>• Fresh Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken In Salsa</li> <li>• Corn Tortillas</li> <li>• Green Beans</li> <li>• Diced Carrots</li> <li>• Fresh Fruit Salad</li> </ul>
Week 3	9/23, 10/21, 11/18	9/24, 10/22, 11/19	9/25, 10/23, 11/20	9/26, 10/24, 11/21	9/27, 10/25, 11/22
	<b>Lunch</b> <ul style="list-style-type: none"> <li>• Chicken &amp; Herbs</li> <li>• Corn Flour Noodles</li> <li>• Green Beans &amp; Cauliflower</li> <li>• Fresh Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Corn Flour Pasta</li> <li>• Chicken Sausage</li> <li>• Marinara Sauce</li> <li>• Peas &amp; Carrots</li> <li>• Fresh Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Herbed Chicken</li> <li>• Brown Rice</li> <li>• Broccoli &amp; Yellow Beans</li> <li>• Fresh Cantaloupe</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken In Salsa</li> <li>• Corn Tortillas</li> <li>• 4 Veggie Blend</li> <li>• Fresh Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted Chicken</li> <li>• Brown Rice</li> <li>• Green Beans</li> <li>• Diced Carrots</li> <li>• Fresh Fruit Salad</li> </ul>
Week 4	9/2, 9/30, 10/28, 11/25	9/3, 10/1, 10/29, 11/26	9/4, 10/2, 10/30, 11/27	9/5, 10/3, 10/31, 11/28	9/6, 10/4, 11/1, 11/29
	<b>Lunch</b> <ul style="list-style-type: none"> <li>• Vegetarian Burrito Bowl</li> <li>• Corn Tortillas</li> <li>• Broccoli &amp; Yellow Beans</li> <li>• Fresh Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Herb Chicken Breast</li> <li>• Corn Flour Pasta</li> <li>• Green Beans &amp; Cauliflower</li> <li>• Fresh Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Chicken</li> <li>• Corn Flour Pasta</li> <li>• Peas &amp; Carrots</li> <li>• Fresh Honeydew</li> </ul>	<ul style="list-style-type: none"> <li>• Mac N' Chicken</li> <li>• Vegan Cheese</li> <li>• Corn Flour Pasta</li> <li>• 4 Veggie Blend</li> <li>• Fresh Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Corn Flour Pasta</li> <li>• Chicken Sausage</li> <li>• Marinara Sauce</li> <li>• Green Beans</li> <li>• Diced Carrots</li> <li>• Fresh Fruit Salad</li> </ul>