



# food2you



Now featuring

**Meatless Mondays**

Nut-free facility  
Local and organic fresh  
fruits & vegetables

Scratch cooking

[food2youinc.com](http://food2youinc.com)

## Lunch Menu / Spring 2023

March / April / May

(V) = Vegetarian

### WEEK 1

#### Monday

3/27, 4/24, 5/22

- Tuscan Tri-Color Bean Pasta with Peas & Tomato
- Green & Yellow Beans
- Fresh Apples

#### Tuesday

3/28, 4/25, 5/23

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

#### Wednesday

3/1, 3/29, 4/26, 5/24

- Chicken Sliders
- Whole Grain Rolls\*
- Veggie Burger (V)
- Tomato Ketchup
- Broccoli & Cauliflower
- Fresh Cantaloupe

#### Thursday

3/2, 3/30, 4/27, 5/25

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

#### Friday

3/3, 3/31, 4/28, 5/26

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

### WEEK 2

3/6, 4/3, 5/1, 5/29

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

3/7, 4/4, 5/2, 5/30

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

3/8, 4/5, 5/3, 5/31

- Whole Grain Penne Pasta\*
- Parmesan Cheese
- Green & Yellow Beans
- Fresh Honeydew

3/9, 4/6, 5/4

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

3/10, 4/7, 5/5

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

### WEEK 3

3/13, 4/10, 5/8

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

3/14, 4/11, 5/9

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

3/15, 4/12, 5/10

- Marinara Meatballs
- Veggie Crumbles (V)
- Whole Grain Rolls\*
- Broccoli & Cauliflower
- Fresh Cantaloupe

3/16, 4/13, 5/11

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

3/17, 4/14, 5/12

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

### WEEK 4

3/20, 4/17, 5/15

- Vegetarian Burrito Bowl
- Whole Grain Tortillas\*
- Broccoli & Cauliflower
- Fresh Apples

3/21, 4/18, 5/16

- Whole Grain Chicken Bites
- Tomato Ketchup
- Veggie Bites (V)
- Green & Yellow Beans
- Fresh Bananas

3/22, 4/19, 5/17

- Whole Grain Rotini
- Herbs & Parmesan Cheese
- Peas & Carrots
- Fresh Honeydew

3/23, 4/20, 5/18

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

3/24, 4/21, 5/19

- Turkey Tetrazzini w/ Whole Grain Pasta\*
- Veggie Crumbles (V)
- Green Beans & Diced Carrots
- Fresh Fruit Salad



# food2you



Now featuring

**Meatless Mondays**

Nut-free facility  
Local and organic fresh  
fruits & vegetables

Scratch cooking

[food2youinc.com](http://food2youinc.com)

## Allergy Menu / Spring 2023

March / April / May

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	3/27, 4/24, 5/22 <ul style="list-style-type: none"> <li>Tuscan Tri-Color Bean Corn Flour Pasta</li> <li>Green &amp; Yellow Beans</li> <li>Fresh Apples</li> </ul>	3/28, 4/25, 5/23 <ul style="list-style-type: none"> <li>Chicken Breast</li> <li>Corn Tortillas</li> <li>Vegan Cheese</li> <li>Peas &amp; Carrots</li> <li>Fresh Bananas</li> </ul>	3/1, 3/29, 4/26, 5/24 <ul style="list-style-type: none"> <li>Corn Flour Pasta</li> <li>Diced Chicken</li> <li>Broccoli &amp; Cauliflower</li> <li>Fresh Cantaloupe</li> </ul>	3/2, 3/30, 4/27, 5/25 <ul style="list-style-type: none"> <li>Roasted Chicken</li> <li>Corn Flour Noodles</li> <li>4 Veggie Blend</li> <li>Fresh Bananas</li> </ul>	3/3, 3/31, 4/28, 5/26 <ul style="list-style-type: none"> <li>Vegan Quesadillas</li> <li>Green Beans &amp; Diced Carrots</li> <li>Fresh Fruit Salad</li> </ul>
<b>WEEK 2</b>	3/6, 4/3, 5/1, 5/29 <ul style="list-style-type: none"> <li>Vegan Mac &amp; Cheese</li> <li>Corn Flour Pasta</li> <li>Broccoli &amp; Cauliflower</li> <li>Fresh Apples</li> </ul>	3/7, 4/4, 5/2, 5/30 <ul style="list-style-type: none"> <li>Lemon-Herb Chicken w/ Whole Grain Brown Rice*</li> <li>Peas &amp; Carrots</li> <li>Fresh Bananas</li> </ul>	3/8, 4/5, 5/3, 5/31 <ul style="list-style-type: none"> <li>Grilled Chicken</li> <li>Brown Rice</li> <li>Green &amp; Yellow Beans</li> <li>Fresh Honeydew</li> </ul>	3/9, 4/6, 5/4 <ul style="list-style-type: none"> <li>Chicken Breast</li> <li>Corn Flour Pasta</li> <li>4 Veggie Blend</li> <li>Fresh Bananas</li> </ul>	3/10, 4/7, 5/5 <ul style="list-style-type: none"> <li>Chicken "Vesuvio"</li> <li>Corn Tortillas</li> <li>Green Beans &amp; Diced Carrots</li> <li>Fresh Fruit Salad</li> </ul>
<b>WEEK 3</b>	3/13, 4/10, 5/8 <ul style="list-style-type: none"> <li>Chicken in Red Sauce</li> <li>Corn Flour Noodles</li> <li>Green &amp; Yellow Beans</li> <li>Fresh Apples</li> </ul>	3/14, 4/11, 5/9 <ul style="list-style-type: none"> <li>Southwest Chicken</li> <li>Black Bean Bowl*</li> <li>Peas &amp; Carrots</li> <li>Fresh Bananas</li> </ul>	3/15, 4/12, 5/10 <ul style="list-style-type: none"> <li>Chicken Red Sauce</li> <li>Corn Tortillas</li> <li>Broccoli &amp; Cauliflower</li> <li>Fresh Cantaloupe</li> </ul>	3/16, 4/13, 5/11 <ul style="list-style-type: none"> <li>Chicken Fajitas</li> <li>Corn Tortillas</li> <li>4 Veggie Blend</li> <li>Fresh Bananas</li> </ul>	3/17, 4/14, 5/12 <ul style="list-style-type: none"> <li>Roasted Chicken</li> <li>Corn Flour Pasta</li> <li>Green Beans &amp; Diced Carrots</li> <li>Fresh Fruit Salad</li> </ul>
<b>WEEK 4</b>	3/20, 4/17, 5/15 <ul style="list-style-type: none"> <li>Vegetarian Burrito Bowl</li> <li>Corn Tortillas</li> <li>Broccoli &amp; Cauliflower</li> <li>Fresh Apples</li> </ul>	3/21, 4/18, 5/16 <ul style="list-style-type: none"> <li>Chicken Breast</li> <li>Corn Tortillas</li> <li>Green &amp; Yellow Beans</li> <li>Fresh Bananas</li> </ul>	3/22, 4/19, 5/17 <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>	3/23, 4/20, 5/18 <ul style="list-style-type: none"> <li>Roasted Chicken</li> <li>Corn Tortillas</li> <li>4 Veggie Blend</li> <li>Fresh Bananas</li> </ul>	3/24, 4/21, 5/19 <ul style="list-style-type: none"> <li>Barbeque Chicken</li> <li>Corn Tortillas</li> <li>Green Beans &amp; Diced Carrots</li> <li>Fresh Fruit Salad</li> </ul>