



# food2you

Nut-free facility  
 Local and organic fresh  
 fruits & vegetables  
 Scratch cooking  
[food2youinc.com](http://food2youinc.com)

## Lunch Menu / Fall 2023

September / October / November

(V) = Vegetarian

### WEEK 1

#### Monday

9/11, 10/9, 11/6

- Turkey Alla Gricia
- Whole Grain Penne
- Tofu Alla Gricia (V)
- Green & Yellow Beans
- Fresh Apples

#### Tuesday

9/12, 10/10, 11/7

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

#### Wednesday

9/13, 10/11, 11/8

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

#### Thursday

9/14, 10/12, 11/9

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

#### Friday

9/15, 10/13, 11/10

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

### WEEK 2

9/18, 10/16, 11/13

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

9/19, 10/17, 11/4

- Lemon-Herb Chicken
- White Rice
- Lemon Herb Tofu (V)
- Peas & Carrots
- Fresh Bananas

9/20, 10/18, 11/15

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

9/21, 10/19, 11/16

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

9/22, 10/20, 11/17

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

### WEEK 3

9/25, 10/23, 11/20

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

9/26, 10/24, 11/21

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

9/27, 10/25, 11/22

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

9/28, 10/26, 11/23

- Chicken Alfredo  
Whole Grain Rotini
- Tofu Alfredo (V)
- 4 Veggie Blend
- Fresh Watermelon

9/1, 9/29, 10/27, 11/24

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

### WEEK 4

9/4, 10/2, 10/30, 11/27

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

9/5, 10/3, 10/31, 11/28

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

9/6, 10/4, 11/1, 11/29

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

9/7, 10/5, 11/2, 11/30

- Turkey Tetrazzini w/ Whole  
Grain Penne
- Veggie Crumbles (V)
- 4 Veggie Blend
- Fresh Watermelon

9/8, 10/6, 11/3

- Stir-Fry Chicken &  
WG Brown Rice\*
- Asian Tofu (V)
- Green Beans  
& Diced Carrots
- Fresh Fruit Salad



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## Allergy Menu / Fall 2023

September / October / November

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

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