

October 2024 Allergen Free Breakfast and Lunch Menu

Allergen Free Standard Breakfast: 2 Rice Chex Cereals, served with choice of fruit or juice and type of milk if appropriate.

October 1

Lunch: Orange Chicken Bowl, Mixed Vegetables, Tossed Salad w/ Vinaigrette, Applesauce Pouch, Milk/Soy milk

October 2

Lunch: Chickpea Pasta, Baby Carrots, Applesauce Pouch, Milk/Soy milk

October 3

Lunch: Hamburger on GF Bun, Green Beans, Baby Carrots, Grapes, Milk/Soy milk

October 4

Lunch: Fajita Bowl, Mixed Vegetables, Tossed Salad w/ Vinaigrette, Apple Slices, Milk/Soy milk

October 7

Lunch: Frito Pie, Whole Kernel Corn, Baby Carrots, Applesauce Pouch, Milk/Soy milk

October 8

Lunch: BBQ Chicken Bowl, Green Beans, Tossed Salad w/ Vinaigrette, Orange Smiles, Milk/Soy milk

October 9

Lunch: Black Beans & Rice w/ Baked Tostito Scoops Bowl, Baby Carrots, Whole Kernel Corn, Fresh Pineapple Chunks, Milk/Soy milk

October 10

Lunch: Beef Hot Dog on GF Bun, Mixed Vegetables, Baby Carrots, Applesauce Pouch, Milk/Soy milk

October 11

Lunch: Oven Roasted Chicken Nuggets, Green Beans, Apple Slices, Milk/Soy milk

October 15

Lunch: Orange Chicken Bowl, Mixed Vegetables, Tossed Salad w/ Vinaigrette, Applesauce Pouch, Milk/Soy milk

October 16

Lunch: Chickpea Pasta, Baby Carrots, Applesauce Pouch, Milk/Soy milk

October 17

Lunch: Hamburger on GF Bun, Green Beans, Baby Carrots, Grapes, Milk/Soy milk

October 18

Lunch: Fajita Bowl, Mixed Vegetables, Tossed Salad w/ Vinaigrette, Apple Slices, Milk/Soy milk

October 21

Lunch: Frito Pie, Whole Kernel Corn, Baby Carrots, Applesauce Pouch, Milk/Soy milk

October 22

Lunch: BBQ Chicken Bowl, Green Beans, Tossed Salad w/ Vinaigrette, Orange Smiles, Milk/Soy milk

October 23

Lunch: Black Beans & Rice w/ Baked Tostito Scoops Bowl, Baby Carrots, Whole Kernel Corn, Fresh Pineapple Chunks, Milk/Soy milk

October 24

Lunch: Beef Hot Dog on GF Bun, Mixed Vegetables, Baby Carrots, Applesauce Pouch, Milk/Soy milk

October 25

Lunch: Oven Roasted Chicken Nuggets, Green Beans, Apple Slices, Milk/Soy milk

October 28

Lunch: Beef Nachos w/ Baked! Tostito Scoops, Pinto Beans, Baby Carrots

October 29

Lunch: Orange Chicken Bowl, Mixed Vegetables, Tossed Salad w/ Vinaigrette, Applesauce Pouch

October 30

Lunch: Chickpea Pasta, Baby Carrots, Applesauce Pouch, Milk/Soy milk

October 31

Lunch: Hamburger on GF Bun, Green Beans, Baby Carrots, Grapes

Menus are subject to change without notice due to price and availability of food

This institution is an equal opportunity provider.