



## DECEMBER/JANUARY 2024 ALLERGEN FREE MENU

**2024-2025 Meal Prices:**

Paid Elementary Breakfast: \$1.00 // Paid Elementary Lunch: \$2.25

Paid Secondary Breakfast: \$1.25 // Paid Secondary Lunch: \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Beef Nachos w/ Baked! Tostito Scoops</b> Pinto Beans Baby Carrots Sliced Peaches Milk/Soymilk	<b>3</b> <b>Orange Chicken Bowl</b> Mixed Vegetables Tossed Salad w/ Vinaigrette Applesauce Pouch Milk/Soymilk	<b>4</b> <b>Chickpea Pasta</b> Green Beans Baby Carrots Applesauce Pouch Milk/Soymilk	<b>5</b> <b>Hamburger on GF Bun</b> Green Beans Baby Carrots Grapes Milk/Soymilk	<b>6</b> <b>Chicken Bowl</b> Mixed Vegetables Tossed Salad w/ Vinaigrette Apple Slices Milk/Soymilk
<b>9</b> <b>Frito Pie</b> Whole Kernel Corn Baby Carrots Applesauce Pouch Milk/Soymilk	<b>10</b> <b>BBQ Chicken Bowl</b> Green Beans Tossed Salad w/ Vinaigrette Orange Smiles Milk/Soymilk	<b>11</b> <b>Black Beans &amp; Rice w/ Baked Tostito Scoops Bowl</b> Baby Carrots Whole Kernel Corn Fresh Pineapple Chunks Milk/Soymilk	<b>12</b> <b>Beef Hot Dog on GF Bun</b> Mixed Vegetables Baby Carrots Applesauce Pouch Milk/Soymilk	<b>13</b> <b>Chicken Tender</b> Green Beans Apple Slices Milk/Soymilk
<b>16</b> <b>Beef Nachos w/ Baked! Tostito Scoops</b> Pinto Beans Baby Carrots Sliced Peaches Milk/Soymilk	<b>17</b> <b>Orange Chicken Bowl</b> Mixed Vegetables Tossed Salad w/ Vinaigrette Applesauce Pouch Milk/Soymilk	<b>18</b> <b>Chickpea Pasta</b> Green Beans Baby Carrots Applesauce Pouch Milk/Soymilk	<b>19</b> <b>Holiday Meal</b> Green Beans Sliced Peaches Tossed Salad w/ Vinaigrette Milk/Soymilk	<b>20</b> <b>Chicken Bowl</b> Mixed Vegetables Tossed Salad w/ Vinaigrette Apple Slices Milk/Soymilk
<b>23</b> <b>NO SCHOOL</b>	<b>24</b> <b>NO SCHOOL</b>	<b>25</b> <b>NO SCHOOL</b>	<b>26</b> <b>NO SCHOOL</b>	<b>27</b> <b>NO SCHOOL</b>
<b>30</b> <b>NO SCHOOL</b>	<b>31</b> <b>NO SCHOOL</b>	<b>1</b> <b>NO SCHOOL</b>	<b>2</b> <b>NO SCHOOL</b>	<b>3</b> <b>NO SCHOOL</b>
<b>6</b> <b>NO SCHOOL</b>	<b>7</b> <b>BBQ Chicken Bowl</b> Green Beans Tossed Salad w/ Vinaigrette Orange Smiles Milk/Soymilk	<b>8</b> <b>Black Beans &amp; Rice w/ Baked Tostito Scoops Bowl</b> Baby Carrots Whole Kernel Corn Fresh Pineapple Chunks Milk/Soymilk	<b>9</b> <b>Beef Hot Dog on GF Bun</b> Mixed Vegetables Baby Carrots Applesauce Pouch Milk/Soymilk	<b>10</b> <b>Chicken Tender</b> Green Beans Apple Slices Milk/Soymilk

<b>13</b> <b>Beef Nachos w/ Baked! Tostito Scoops</b> Pinto Beans Baby Carrots Sliced Peaches Milk/Soymilk	<b>14</b> <b>Orange Chicken Bowl</b> Mixed Vegetables Tossed Salad w/ Vinaigrette Applesauce Pouch Milk/Soymilk	<b>15</b> <b>Chickpea Pasta</b> Green Beans Baby Carrots Applesauce Pouch Milk/Soymilk	<b>16</b> <b>Hamburger on GF Bun</b> Green Beans Baby Carrots Grapes Milk/Soymilk	<b>17</b> <b>Chicken Bowl</b> Mixed Vegetables Tossed Salad w/ Vinaigrette Apple Slices Milk/Soymilk
<b>20</b>  <b>NO SCHOOL</b>	<b>21</b> <b>BBQ Chicken Bowl</b> Green Beans Tossed Salad w/ Vinaigrette Orange Smiles Milk/Soymilk	<b>22</b> <b>Black Beans &amp; Rice w/ Baked Tostito Scoops Bowl</b> Baby Carrots Whole Kernal Corn Fresh Pineapple Chunks Milk/Soymilk	<b>23</b> <b>Beef Hot Dog on GF Bun</b> Mixed Vegetables Baby Carrots Applesauce Pouch Milk/Soymilk	<b>24</b> <b>Chicken Tender</b> Green Beans Apple Slices Milk/Soymilk
<b>27</b> <b>Beef Nachos w/ Baked! Tostito Scoops</b> Pinto Beans Baby Carrots Sliced Peaches Milk/Soymilk	<b>28</b> <b>Orange Chicken Bowl</b> Mixed Vegetables Tossed Salad w/ Vinaigrette Applesauce Pouch Milk/Soymilk	<b>29</b> <b>Chickpea Pasta</b> Green Beans Baby Carrots Applesauce Pouch Milk/Soymilk	<b>30</b> <b>Hamburger on GF Bun</b> Green Beans Baby Carrots Grapes Milk/Soymilk	<b>31</b> <b>Chicken Bowl</b> Mixed Vegetables Tossed Salad w/ Vinaigrette Apple Slices Milk/Soymilk

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

\*All foods are intended to be free of Gluten, Milk, Egg, Nuts, Soy, Wheat, Fish, Shellfish and Sesame.\* These meals will not be provided unless a Student Diet Modification form signed by a licensed physician is on file. Milk type will be provided based on allergy. Cypress Fairbanks ISD Food Service will make every effort to prevent the allergen of concern into the food through close attention during our purchasing, receiving, preparation and handling processes. We cannot guarantee that all meals are completely free of any trace amounts of allergens. We do not have separate kitchens to prepare allergen-free items, but every effort is made to thoroughly wash and sanitize equipment and preparation areas. In addition, companies may change formulas of food items and may not alert us of the change in a timely manner. It is up to the individual discretion of the parent/guardian working with their physician to determine whether our allergen meals are a safe choice for their child. Ingredient lists and food labels are available upon request. If you have any concerns about the sensitivity of your child's food allergy, please contact the Nutrition Services dietitian at 281-897-4545.\*

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

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