

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

Fall Allergy Menu 2024

December / January / February



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