

## January 2025 Allergen Free Breakfast and Lunch Menu

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

January 7

Lunch: BBQ Chicken Bowl, Green Beans, Tossed Salad with Vinaigrette, Orange Smiles, Milk or Soymilk

January 8

Lunch: Black Beans and Rice with Baked Tostito Scoops Bowl, Baby Carrots, Whole Kernel Corn, Fresh Pineapple Chunks, Milk or Soymilk

January 9

Lunch: Beef Hot Dog on Gluten Free Bun, Mixed Vegetables, Baby Carrots, Applesauce Pouch, Milk or Soymilk

January 10

Lunch: Chicken Tenders, Green Beans, Apple Slices, Milk or Soymilk

January 13

Lunch: Beef Nachos w/ Baked! Tostito Scoops, Pinto Beans, Baby Carrots, Sliced Peaches, Milk or Soymilk

January 14

Lunch: Orange Chicken Bowl, Mixed Vegetables, Tossed Salad with Vinaigrette, Applesauce Pouch, Milk or Soymilk

January 15

Lunch: Chickpea Pasta, Green Beans, Baby Carrots, Applesauce Pouch, Milk or Soymilk

January 16

Lunch: Hamburger on Gluten Free Bun, Green Beans, Baby Carrots, Grapes, Milk or Soymilk

January 17

Lunch: Chicken Bowl, Mixed Vegetables, Tossed Salad with Vinaigrette, Apple Slices, Milk or Soymilk

January 21

Lunch: BBQ Chicken Bowl, Green Beans, Tossed Salad with Vinaigrette, Orange Slices, Milk or Soymilk

January 22

Lunch: Black Beans and Rice with Baked Tostito Scoops Bowl, Baby Carrots, Whole Kernel Corn, Fresh Pineapple Chunks, Milk or Soymilk

January 23

Lunch: Beef Hot Dog on Gluten Free Bun, Mixed Vegetables, Baby Carrots, Applesauce Pouch, Milk or Soymilk

January 24

Lunch: Chicken Tender, Green Beans, Apple Slices, Milk or Soymilk

January 27

Lunch: Beef Nachos with Baked! Tostito Scoops, Pinto Beans, Baby Carrots, Sliced Peaches, Milk or Soymilk

January 28

Lunch: Orange Chicken Bowl, Mixed Vegetables, Tossed Salad with Vinaigrette, Applesauce Pouch, Milk or Soymilk

January 29

Lunch: Chickpea Pasta, Green Beans, Baby Carrots, Applesauce Pouch, Milk or Soymilk

January 30

Lunch: Hamburger on Gluten Free Bun, Green Beans, Baby Carrots, Grapes, Milk or Soymilk

January 31

Lunch: Chicken Bowl, Mixed Vegetables, Tossed Salad with Vinaigrette, Apple Slices, Milk or Soymilk