Winter Menu 2026

December / January / February

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Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	12/28, 1/25, 02/22	12/01, 12/29, 1/26, 02/23	12/02, 12/30, 1/27, 02/24	12/03, 12/31, 1/28, 02/25	12/04, 1/01, 01/29, 02/26
Breakfast	• Toasted Oats, Oranges, Org. Milk	• WG Pancakes* W/ Applesauce, Pineapple, Org. Milk	• Corn Flakes, Strawberry Yogurt, Apples, Org. Milk	• Mini Bagels, Cream Cheese, Clementines, Org. Milk	• Apple Spice Muffins, Honeydew, Org. Milk
Lunch	• Chx. Sliders, WG Rolls,* (V) Veg. Burger, Tomato Ketchup, Green & Yellow Beans, Apples	• Chx. Fajitas, WG Tortillas* (V) Tofu Fajitas, Peas & Carrots, Bananas	• Southwest Chx. Brown Rice Bowl,* (V) Veg Burrito Bowl, Broccoli & Cauliflower, Cantaloupe	• Pesto Cheese Tortellini, 4 Veggie Blend, Pineapple	• WG Garlic Bread Pizza,* Green Beans, Diced Carrots, Fruit Salad
Snack	• Mini Pretzel Twists, Cheddar Cheese Cubes, Water	• Brown Rice Cakes, String Cheese, Water	• Ritz Crackers, Fresh Pears, Water	• Vanilla Yogurt, Fresh Bananas, Water	• Cinnamon Bread, Fresh Apples, Water
Week 2	12/07, 1/04, 02/01	12/08, 1/05, 02/02	12/09, 1/06, 02/03	12/10, 1/07, 02/04	12/11, 1/08, 02/05
Breakfast	• Corn Chex, Oranges, Org. Milk	• WG English Muffins,* Turkey Sausage, (V) Fresh Eggs, Pineapple, Org. Milk	• WG French Toast Sticks,* Maple Syrup, Apples, Org. Milk	• Homemade Granola, Vanilla Yogurt, Oranges, Org. Milk	• Blueberry Muffins, Cantaloupe, Org. Milk
Lunch	• WG Mac & Cheese,* Broccoli & Cauliflower, Apples	• WG Chx Bites,* Tomato Ketchup, (V) Veggie Bites, Peas & Carrots, Bananas	• Sweet Apple Chx., WG Tortillas,* (V) Sweet Apple Tofu, Green & Yellow Beans, Honeydew	• Turkey Chili, (V) Vegetarian Chili, Cornbread, 4 Veggie Blend, Pineapple	• Chx. Meatballs In Brown Sauce, (V) Chickpea/Kelp Balls In Brown Sauce, Challah Rolls, Green Beans & Carrots, Fruit Salad
Snack	• Club Crackers, String Cheese, Water	• Mini Croissants, Fresh Pears, Water	• Tomato Swirl Toast, Cheddar Cheese Cubs, Water	• Whole Grain Pita,* Fresh Bananas, Water	• WG Waffles,* Applesauce, Apples, Water
Week 3	12/14, 1/11, 02/08	12/15, 1/12, 02/09	12/16, 1/13, 02/10	12/17, 1/14, 02/11	12/18, 1/15, 02/12
Breakfast	• Corn Flakes, Oranges, Org. Milk	• WG* Pancakes, Maple Syrup, Pineapple, Org. Milk	• Hash Browns, Turkey Sausage, (V) Fresh Eggs, Apples, Org. Milk	• Toasted Oats, Strawberry Yogurt, Pineapple, Org. Milk	• Orange Blossom Muffins, Honeydew, Org. Milk
Lunch	• Chx. Fajitas, WG Tortillas* (V) Tofu Fajitas, Green & Yellow Beans, Apples	• WG Rotini,* Roasted Tomato Sauce, Turkey Sausage, (V) Chickpea/ Kelp Balls In Tomato Sauce, Peas & Carrots, Bananas	• Chx. Sliders, WG Rolls,* Tomato Ketchup, (V) Veggie Burger, Broccoli & Cauliflower, Cantaloupe	• Pesto Cheese Tortellini, 4 Veggie Blend, Clementines	• Chx. & Turkey Cacciatore, WG Rolls,* (V) Tofu Cacciatore, Green Beans & Diced Carrots, Fresh Fruit Salad
Snack	• Ritz Crackers, Cheddar Cheese Cubes, Water	• Challah Rolls, Fresh Pears, Water	• Graham Squares, Fresh Oranges, Water	• Brown Rice Cakes, Bananas, Water	• Cinnamon Bread, Fresh Apples, Water
Week 4	12/21, 1/18, 02/15	12/22, 1/19, 02/16	12/23, 1/20, 02/17	12/24, 1/21, 02/18	12/25, 1/22, 02/19
Breakfast	• Rice Krispies, Oranges, Org. Milk	• Mini Bagels, Cream Cheese, Pineapple, Org. Milk	• WG Biscuits,* Turkey Sausage, (V) Fresh Eggs, Apples, Org. Milk	• WG Waffles,* Maple Syrup, Oranges, Org. Milk	• Blueberry Muffins, Cantaloupe, Org. Milk
Lunch	• Turkey Burger W/ Cheese, (V) Veggie Burger, WG Burger Buns,* Ketchup, Broccoli & Cauliflower, Apples	• Herb Chx. & WG Rotini Pasta,* (V) Cheese Ravioli, Peas & Carrots, Bananas	• Turkey Chili, (V) Vegetarian Chili, Cornbread, Green & Yellow Beans, Honeydew	• Chx. Vesuvio, Ciabatta Bread, (V) Tofu Vesuvio, 4 Veggie Blend, Pineapple	• Sweet Apple Chicken, WG Tortillas,* (V) Sweet Apple Tofu, Green Beans & Carrots, Fruit Salad
Snack	• Animal Crackers, String Cheese, Water	• Mini Croissants, Fresh Pears, Water	• WG English Muffins,* Cheddar Cheese Cubes, Water	• Strawberry Yogurt, Fresh Bananas, Water	• Tomato Swirl Toast, Fresh Apples, Water

1-2 Years old: whole milk; 2 years and older: whole, 1%, or 2% milk - Menu provided by Food2You. Water available to children at all times - (*) denotes item is Whole Grain (WG) v.1.0. This menu has been reviewed by Maria Pepito RD, LDN

Winter Allergy Menu 2026

December / January / February

Gluten, Wheat, Egg, Milk, Soy, Fish, Peanut, & Tree Nuts Free

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Meal	Monday	Tuesday	Wednesday	Thursday	Friday
	12/28, 1/25, 02/22	12/01, 12/29, 1/26, 02/23	12/02, 12/30, 1/27, 02/24	12/03, 12/31, 1/28, 02/25	12/04, 1/01, 01/29, 02/26
Week 1 Lunch	• Roasted Chx. & Sweet Potatoes • Corn Tortillas • Green & Yellow Beans • Fresh Apples	• Chicken Fajitas • Corn Tortillas • Peas & Carrots • Fresh Bananas	• SW Chicken & Brown Rice Bowl • Broccoli & Cauliflower • Fresh Cantaloupe	• Corn Flour Pasta In Marinara Sauce • Diced Chicken • 4 Veggie Blend • Fresh Pineapple	• Chx Quesadillas • Vegan Cheese • Green Beans • Diced Carrots • Fresh Fruit Salad
	12/07, 1/04, 02/01	12/08, 1/05, 02/02	12/09, 1/06, 02/03	12/10, 1/07, 02/04	12/11, 1/08, 02/05
Week 2 Lunch	• Mac N' Chx • Vegan Cheese • Corn Flour Pasta • Broccoli & Cauliflower • Fresh Apples	• Chx & Brown Rice In Pomodoro Sauce • Peas & Carrots • Fresh Bananas	• Sweet Apple Chx. • Corn Tortillas • Green & Yellow Beans • Fresh Honeydew	• Turkey Chili • Corn Tortillas • 4 Veggie Blend • Fresh Pineapple	• Herb Chicken • Brown Rice • Green Beans • Diced Carrots • Fresh Fruit Salad
	12/14, 1/11, 02/08	12/15, 1/12, 02/09	12/16, 1/13, 02/10	12/17, 1/14, 02/11	12/18, 1/15, 02/12
Week 3 Lunch	• Chicken Fajitas • Corn Tortillas • Green & Yellow Beans • Fresh Apples	• Corn Flour Pasta In Marinara Sauce • Diced Chicken • Peas & Carrots • Fresh Bananas	• Roasted Chicken & Sweet Potatoes • Corn Tortillas • Broccoli & Cauliflower • Fresh Cantaloupe	• Chicken In Salsa • Corn Tortillas • 4 Veggie Blend • Fresh Pineapple	• Spring Vegetables W/ Rice & Chicken • Green Beans • Diced Carrots • Fresh Fruit Salad
	12/21, 1/18, 02/15	12/22, 1/19, 02/16	12/23, 1/20, 02/17	12/24, 1/21, 02/18	12/25, 1/22, 02/19
Week 4 Lunch	• Vegetarian Burrito Bowl • Corn Tortillas • Broccoli & Cauliflower • Fresh Apples	• Corn Flour Pasta In Marinara Sauce • Diced Chicken • Peas & Carrots • Fresh Bananas	• Turkey Chili & Corn Tortillas • Green & Yellow Beans • Fresh Honeydew	• Chicken Vesuvio & Brown Rice Cakes • 4 Veggie Blend • Fresh Pineapple	• Sweet Apple Chx • Corn Tortillas • Green Beans • Diced Carrots • Fresh Fruit Salad

1-2 Years old: whole milk; 2 years and older: whole, 1%, or 2% milk - Menu provided by Food2You. Water available to children at all times - (*) denotes item is Whole Grain (WG) v.1.0. This menu has been reviewed by Maria Pepito RD, LDN

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Ingredient List

Allergy Lunch Menu



Nutritional Information Only

Food2You Maplewood, Inc.
Chicago, Illinois

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WINTER 2026 – ALLERGY MENU Ingredients list

Our Allergy Menu covers of the 9 major allergens in the USA:

- Gluten, Wheat, Egg, Dairy, Soy, Fish, Sesame, Peanut & Tree Nuts

Lunch Items

- Roasted Chicken & Sweet Potatoes Casserole
  Roasted chicken breast chunks, sweet potato chunks, salt, oil. **Allergens: None.**

- Chicken Fajitas
  Grilled chicken breast, green & red bell peppers, tomato sauce, virgin olive oil, kosher salt, fresh pepper, diced tomato, granulated onion & garlic, water. **Allergens: None.**

- Corn Tortilla
  Stone-ground corn, water, sodium propionate, sorbic acid, lime. **Allergens: None.**

- Southwest Chicken & Rice Bowl
  Brown rice, chicken, black, white, or red beans, red peppers, tomato, salt, pepper, spices.
  Allergens: None.

- Corn Flour Pasta & Chicken in Marinara Sauce
  Gluten-free pasta (Corn Flour, rice flour), Grilled chicken breast, tomatoes, salt, basil. Marinara sauce: crushed tomato (vine-ripened tomatoes, tomato juice, sea salt, basil), garlic, salt, pepper, basil. **Allergens: None.**

- Chicken Quesadillas
  Chicken breast, corn tortillas, vegan cheddar cheese. **Allergens: None.**

- Mac N' Chicken w/vegan Cheese
  Gluten-free pasta (Corn Flour, rice flour), chicken breast, dairy-free/vegan cheddar cheese.
  Allergens: None.

- Chicken & Brown Rice in Pomodoro Sauce
  Diced chicken breast in pomodoro sauce: diced tomato, water, garlic, basil, salt, onion and pepper. **Allergens: None.**

- Sweet Apple Chicken
  Boneless, skinless chicken breast chunks, sweet potatoes, green beans, green apples, brown sugar, salt, basil, olive oil. **Allergens: None.**

- Turkey Chili
  Ground Tomatoes (tomatoes, salt, citric acid), turkey thigh meat, onions, red beans, roasted green chile pepper, water, green peppers, tomato paste, garlic, chicken fat, ancho chili powder, paprika (for flavor and color), sea salt, cumin, chili powder (spices, sea salt, garlic powder), black pepper, dried oregano, pepper sauce (distilled vinegar, red pepper, salt).
  Allergens: None.

- Herb Chicken & Brown Rice
  Herbed chicken breast, brown rice, herbs, salt. **Allergens: None.**

- Chicken in Salsa:
  Diced chicken breast in tomato sauce: water, tomato paste, diced tomato in tomato juice, distilled vinegar, contains less than 2% of natural flavor, dehydrated onion, salt dehydrated garlic spice. **Allergens: None.**

- Spring vegetable W/ Chicken & Rice:
  White rice, diced chicken breast, sweet peas, carrots, red bell peppers, basil, garlic, onion, salt. **Allergens: None.**

- Oil Herb Chicken & Quinoa Bowl
  Quinoa, Diced Chicken Breast, bell peppers, cauliflower, basil, garlic powder, onion powder. **Allergens: None.**

- Red Beans & Rice with Grilled Chicken
  Grilled chicken breast, brown rice, red beans, onion powder, garlic powder, salt, pepper. **Allergens: None.**

- Vegetarian Burrito Bowl
  Brown Rice, black beans, red beans, garbanzo beans, northern beans, salt, pepper, spices. **Allergens: None.**

- Chicken Vesuvio
  Chicken Breast strips, diced potatoes, green peas, red bell peppers, olive oil, salt, garlic, oregano, pepper. **Allergens: None.**

- Rice Cakes:
  Organic brown rice, sea salt. **Allergens: None.**