



Allergy Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
12/25		12/26		12/27		12/28		12/1	12/29 (CLOSED)
CLOSED		CLOSED		CLOSED		CLOSED		Diced Chicken & Gravy Gluten Free Pasta Green Beans Diced Fresh Fruit WG Corn Tortilla*	
12/4		12/5		12/6		12/6		12/7	
Turkey Chili Steamed Rice Green Peas Diced Peaches WG Corn Chips*		Red Beans & Rice Broccoli Honeydew WG Corn Chips		Fiesta Chicken Steamed Rice Cauliflower Applesauce WG Corn Chips*		Beef Sloppy Joe Baked French Fries Sautéed Cabbage Pine Melon WG Corn Tortilla*		Chicken & Country Gravy Mashed Potatoes Roasted Green Beans Diced Fresh Fruit WG Corn Tortilla*	
12/11		12/12		12/13		12/14		12/15	
Turkey & Country Gravy Steamed Rice Diced Carrots Pineapple WG Corn Tortilla*		Beef Taco Spanish Black Beans Broccoli Watermelon WG Corn Tortilla*		Red Beans & Rice Roasted Vegetables Diced Peaches WG Corn Chips*		Diced Chicken & Gravy Mashed Potatoes Green Beans Pear WG Corn Tortilla*		Beef Marinara Gluten Free Pasta Cauliflower Diced Fresh Fruit WG Corn Chips*	
12/18		12/19		12/20		12/21		12/22	
Beefy Marinara Gluten Free Pasta Corn Honeydew WG Corn Chips*		Diced Chicken & Gravy Mashed Potatoes Broccoli Banana WG Corn Tortilla*		Diced Turkey Wrap -Mustard Green Peas Pineapple WG Corn Tortilla*		Beef Nachos Spanish Rice Diced Carrots Orange WG Corn Tortilla*		Italian Chicken (No Cheese) Steamed Rice Brussel Sprouts Diced Fresh Fruit WG Corn Tortilla*	

Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives.

Menu provided by Quality Catering approved by Rana Ahmad, MS RDN LDN

(*) Denotes item is WHOLE GRAIN

Menus are subject to change

