



ALLERGY MENU



UNFLAVORED WHOLE MILK 3.25% FAT CONTENT (AGES 1-2)
 UNFLAVORED SKIM MILK-0% FAT CONTENT(AGES:2 AND UP)
 LACTOSE-FREE MILK 1% (AGES: 2 AND UP)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DICED TURKEY & COUNTRY GRAVY ¹ MASHED POTATOES BRUSSEL SPROUTS APPLE WG CORN TORTILLA*	BEEFY MARINARA ² GLUTEN FREE PENNE PASTA ROASTED VEGETABLES BANANA WG CORN TORTILLA*	CHICKEN TACO ³ SPANISH BLACK BEANS DICED CARROTS ORANGE WG CORN TORTILLA*	RED BEANS & RICE ⁴ GREEN BEANS PEAR WG CORN TORTILLA CHIPS*	CHICKEN IN COUNTRY GRAVY ⁵ MASHED POTATOES CAULIFLOWER DICED MELON MIX WG CORN TORTILLA
BEEFY MARINARA ⁸ GF PENNE PASTA DICED CARROTS APPLE WG CORN TORTILLA*	CHICKEN CACITORRE ⁹ ROASTED RAINBOW POTATOES BROCCOLI BANANA WG CORN TORTILLA*	RED BEANS & RICE ¹⁰ ROASTED VEGETABLES ORANGE WG CORN TORTILLA CHIPS*	BEEF TACO ¹¹ CILANTRO CAULIFLOWER RICE CORN PEAR WG CORN TORTILLA*	FIESTA CHICKEN ¹² DICED PARSLEY POTATOES GREEN BEANS DICED MELON MIX WG CORN TORTILLA*
BEEF CHILI GLUTEN FREE PENNE ¹⁵ PASTA BRUSSEL SPROUTS APPLE WG CORN CHIPS*	CHICKEN & RICE BAKE (NO ¹⁶ CHEESE) BROCCOLI BANANA WG CORN TORTILLA*	BBQ CHICKEN ¹⁷ DICED PARSLEY POTATOES SAUTEED CABBAGE ORANGE WG CORN TORTILLA*	RED BEANS & RICE ¹⁸ DICED CARROTS PEAR WG CORN CHIPS*	BEEF SLOPPY JOE ¹⁹ BAKED SWEET POTATO FRIES GREEN BEANS DICED MELON MIX WG CORN TORTILLAA
DICED CHICKEN & COUNTRY GRAVY ²² MASHED POTATOES DICED CARROTS APPLE WG CORN TORTILLA*	VEGETARIAN BEAN CHILLI ²³ GLUTEN FREE PENNE PASTA GREEN BEANS BANANA WG CORN TORTILLA CHIPS*	ITALIAN CHICKEN (NO ²⁴ CHEESE) STEAMED RICE SAUTEED CABBAGE ORANGE WG CORN TORTILLA*	BEEF NACHO ²⁵ SPANISH RICE CORN PEAR WG CORN TORTILLA CHIPS	CHICKEN CACITORRE ²⁶ GF PENNE PASTA BROCCOLI DICED MELON MIX WG CORN TORTILLA*
²⁹	³⁰			

OUR CHICKEN & BEEF ARE 100% NATURAL, NO ARTIFICIAL INGREDIENTS, NO ARTIFICIAL COLORS, NO PRESERVATIVES.

www.qualitycateringforkids.com

MENU PROVIDED BY QUALITY CATERING APPROVED BY RANA AHMAD, MS RDN LDN

MENUS ARE SUBJECT TO CHANGE

*MILK IS SERVED DAILY WITH BREAKFAST & LUNCH