



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
VEGETARIAN BEAN CHILI ²⁹ GLUTEN FREE PASTA DICED CARROTS APPLE WG CORN CHIPS	CHICKEN AND ³⁰ RICE BAKE BROCCOLI BANANA WG CORN TORTILLA	BBQ CHICKEN ¹ BAKED SLICED POTATOES SAUTEED CABBAGE ORANGE CORN TORTILLA	CHICKEN TACO ² SPANISH BLACK BEANS CAULIFLOWER RICE PEAR WG CORN TORTILLA	CLOSED ³
CLOSED ⁶	BEEFY MARINARA ⁷ PASTA ROASTED POTATOES WITH CABBAGE AND CARROTS BANANA WG CORN TORTILLA	FIESTA CHICKEN ⁸ STEAMED RICE DICED CARROTS ORANGE WG CORN TORTILLA	RED BEAND AND RICE ⁹ BROCCOLI PEAR WG CORN CHIPS	CHICKEN CACCIATORE ¹⁰ PASTA BUTTERNUT SQUASH MELON MIX WG CORN TORTILLA
BEEFY MARINARA ¹³ PASTA GREEN BEANS APPLE WG CORN TORTILLA	CHICKEN TACO ¹⁴ SPANISH RICE CORN BANANA WG CORN TORTILLA	TURKEY IN GRAVY ¹⁵ MASHED POTATOES BROCCOLI ORANGE WG CORN TORTILLA	CHICKEN MARINARA ¹⁶ ROASTED POTATOES BRUSSEL SPROUTS PEAR WG CORN CHIPS	BEEF SLOPPY JOE ¹⁷ BAKED SWEET POTATO FRIES GREEN PEAS MELON MIX WG CORN TORTILLA
CHICKEN AND RICE BAKE ²⁰ GREEN BEANS APPLE WG CORN CHIPS	BEEFY MARINARA ²¹ PASTA CAULIFLOWER BANANA WG CORN TORTILLA	RED BEANS AND RICE ²² SAUTEED CABBAGE ORANGE WG CORN CHIPS	FIESTA CHICKEN ²³ STEAMED RICE CORN PEAR WG CORN CHIPS	CHICKEN CACCIATORE ²⁴ PASTA BUTTERNUT SQUASH MELON MIX WG CORN TORTILLA
VEGETARIAN BEAN CHILI ²⁷ GLUTEN FREE PASTA DICED CARROTS APPLE WG CORN CHIPS	CHICKEN AND ²⁸ RICE BAKE BROCCOLI BANANA WG CORN TORTILLA	BBQ CHICKEN ²⁹ BAKED SLICED POTATOES SAUTEED CABBAGE ORANGE CORN TORTILLA	CHICKEN TACO ³⁰ SPANISH BLACK BEANS CAULIFLOWER RICE PEAR WG CORN TORTILLA	BBQ BEEF ³¹ BAKED SWEET POTATOES BRUSSEL SPROUTS MELON MIX WG CORN TORTILLA

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