

Allergy Friendly Menus 2022-2023

No Dairy/No Soy/No Egg Meal CACFP & NSLP K-8

COLD MENU					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Southwest Chicken	Turkey Rolls	Lemon Dill Chicken	Beef Taco Salad	Chef Salad
M/MA	Chicken	Sliced turkey	Chicken	Grd. Beef	Diced Turkey
GRAIN	Brown Rice	Brown Rice	Brown Rice	Brown Rice	Brown Rice
GRAIN	Extra Grain per Weekly Menu				
VEG	Green Beans & Corn	Carrots	Cucumbers	Romaine lettuce & Peppers	Romaine lettuce
VEG	Red Pepper		Romaine	Corn & onion, salsa	Chickpeas, Carrots, tomato
FRUIT	Whole Fruit Per Daily Menu				

HOT MENU					
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	BBQ Shredded Chicken	Chickpea Curry	Sloppy Joe	Chicken & Vegetables	Red Beans & Rice
M/MA	Chicken	Chickpeas	Ground Beef	Diced Chicken	Red Kidney Beans
GRAIN	WGR Brown Rice	WGR Brown Rice	WGR Brown Rice	WGR Brown Rice	WGR Brown Rice
VEG	Corn	Diced Tomato & Peppers	Tomato Sauce & Peppers in beef	Peas & Carrots (in chicken and gravy)	Tomatoes & Peppers
VEG		Broccoli	Broccoli		Kidney beans
FRUIT	Whole Fruit Per Daily Menu				

Fruit = 1 Cup Apple, Banana, Orange

Grain: All whole grain