

Menu Name : *Childcare Allergen Free Menu*
 Grade Level / Age Group : *Toddler & Preschool (Ages 1-5)*

Meal Pattern : *CACFP*

Meal : *Lunch*

NOVEMBER - 2024

No Dairy
 No Gluten (No Wheat)
 No Egg
 No Soy
 No Fish

No Shell Fish
 No Sesame (Seeds & Oil)
 No Peanuts
 No Tree Nuts
 No Sunflower (Seeds, Oil & Butter)

Building Lunch Menus Students Love

Friday, November 01, 2024

Beef Taco Meat w/Rice

Serve Seasoned Beef w/ Brown Rice

Black Beans

Fruit of the Day

Milk Substitute

According to the USDA, schools are responsible for about 530,000 tons of discarded food (excluding milk) annually. We can only nourish students if they eat the meals we provide.

We create menus to hold students' interest throughout the year. We include a mix of long-time favorite meals as well as trendier foods that expose students to new flavors and cultures. Each week, we offer healthy whole grains, different proteins and a variety of fruits and vegetables to prevent boredom. We continually monitor the popularity of meals and replace those that are less popular with new ones to inspire joyful eaters. We also let students choose from multiple daily options rather than forcing everyone to take something they may not like.

These measures help ensure our meals feed more students and fewer trash cans.

Hot Meals

Week IV

Monday, November 04, 2024

Tuesday, November 05, 2024

Wednesday, November 06, 2024

Thursday, November 07, 2024

Friday, November 08, 2024

Chicken Supreme

Beef & Rice Bowl

Marinated Grilled Chicken Fillet

Chicken Pilaf

Beef & Potatoes

Steamed Rice

Seasoned Beef, Steamed Rice

Brown Rice

Steamed Green Beans

Steamed Rice

Steamed Corn

Steamed Carrots

Steamed Broccoli

Fruit of the Day

Fruit of the Day

Fruit of the Day

Fruit of the Day

Fruit of the Day

Milk Substitute

Milk Substitute

Milk Substitute

Milk Substitute

Milk Substitute

Hot Meals

Week V

Monday, November 11, 2024

Tuesday, November 12, 2024

Wednesday, November 13, 2024

Thursday, November 14, 2024

Friday, November 15, 2024

Chicken Fried Rice

Beef & Broccoli

Chicken Fajita w/Rice

Meatball

Chicken & Potatoes

Steamed Carrots

Brown Rice

Seasoned Chicken & Bell Peppers

Brown Rice

Steamed Rice

Fruit of the Day

Fruit of the Day

Served w/ Brown Rice

Steamed Green Beans

Fruit of the Day

Milk Substitute

Milk Substitute

Fruit of the Day

Fruit of the Day

Milk Substitute

Hot Meal

Week VI

Monday, November 18, 2024

Tuesday, November 19, 2024

Wednesday, November 20, 2024

Thursday, November 21, 2024

Friday, November 22, 2024

Yummy Beef & Scallion

Chicken Sukkhar

Beef Fried Rice

Spice Rubbed Chicken Fillet

Beef Taco Meat Over Rice

Steamed Brown Rice

Steamed Rice

Steamed Sweet Peas

Steamed Rice

Serve Seasoned Beef on Brown Rice

Steamed Carrots

Steamed Corn

Fruit of the Day

Steamed Broccoli

Black Beans

Fruit of the Day

Fruit of the Day

Milk Substitute

Fruit of the Day

Fruit of the Day

Milk Substitute

Milk Substitute

Milk Substitute

Milk Substitute

Hot Meal

Week I

Monday, November 25, 2024

Tuesday, November 26, 2024

Wednesday, November 27, 2024

Thursday, November 28, 2024

Friday, November 29, 2024

Chicken Supreme

Beef & Rice Bowl

Marinated Grilled Chicken Fillet

**CCCC
Closed**

**CCCC
Closed**

Steamed Rice

Seasoned Beef, Steamed Rice

Brown Rice

Steamed Corn

Steamed Carrots

Steamed Broccoli

Fruit of the Day

Fruit of the Day

Fruit of the Day

Milk Substitute

Milk Substitute

Milk Substitute

Hot Meal

Week II

Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants) etc.

Milk / Milk Substitute offered daily. Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants) etc. All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

This menu is 100% pork-free. All rice dishes /rice products are made of whole grain brown rice.