

<b>Name : September 2022 K-8 Allergen Free Menu/Septiembre 2022 K-8 Menu Libre de Alergenos</b>					
<b>Age Group : K-8/Gupo de Edad: K-8</b>		<b>Meal : Lunch/Almuerzo</b>		<b>Meal Pattern : NSLP/SSO</b>	
No Dairy/ No Lacteos No Gluten (No Wheat)/No Gluten(No Trigo) No Egg/ No Huevos No Soy/No Soya No Fish/No Pescado		No Shell Fish/No Mariscos No Sesame (Seeds & Oil)/No Sesamo(Semillas & Aceite) No Peanuts/No Maní No Tree Nuts/No Nueces No Sunflower (Seeds, Oil & Butter)No Girasol(Semillas, Aceite, Manteca)			
<b>Week V</b>				Thursday, September 1, 2022	Friday, September 2, 2022
Hot Meal				<b>Chicken Pilaf/Arroz con Pollo</b>	<b>Beef &amp; Potatoes/ Carne con Papas</b>
				Sliced Cucumbers/ Pepinos en Rodaja	Steamed Rice/ Arroz al Vapor
				Fruit of the Day/ Fruta del Día	Steamed Peas/ Arvejas al Vapor
				Milk Substitute/ Leche	Fruit of the Day/Futa del Día
					Milk Substitute/ Leche
<b>Remember to Eat a Balance meal: Fruits, Vegetables, Grain, Protein, Milk/Water Recuerde comer una Dieta Balanceada: Frutas, Vegetales/Verduras, Granos, Proteina, Leche/Agua</b>					
<b>Week VI</b>	Monday, September 5, 2022	Tuesday, September 6, 2022	Wednesday, September 7, 2022	Thursday, September 8, 2022	Friday, September 9, 2022
Hot Meal	<b>Chicken Fried Rice/Arroz Sofrito con Pollo</b>	<b>Beef &amp; Broccoli/Carne con Broccoli</b>	<b>Chicken Fajita w/Rice/ Fajita de Pollo con Arroz</b>	<b>Beef Meatballs/Albóndigas de Carne</b>	<b>Chicken &amp; Potatoes/ Pollo &amp; Papas</b>
	Baby Carrots/ Zanahorias Bebé	Brown Rice/Arroz Integral	Seasoned Chicken & Peppers/ Pollo Sazonado & Pimentón	Brown Rice/Arroz Integral	Steamed Rice/ Arroz al Vapor
	Fruit of the Day/ Fruta del Día	Steamed Corn/ Maíz al Vapor	Served w/ Brown Rice/ Servido con Arroz Integral	Steamed Green Beans/Habichuelas al Vapor	Crisp Broccoli/ Broccoli Crujiente
	Corn Chips/ Frituras de Maíz	Fruit of the Day/ Fruta del Día	Black Beans/Frijoles Negros	Fruit of the Day/ Futa del Día	Fruit of the Day/ Fruta del Día
	Milk Substitute/ Leche	Milk Substitute/ Leche	Fruit of the Day & Milk Substitute/Fruta del Día & Leche	Milk Substitute/ Leche	Milk Substitute/ Leche
<b>Week I</b>	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022
Hot Meal	<b>Yummy Beef &amp; Scallion/Carne con Verduras</b>	<b>Chicken Sukkhar/Pollo con Verduras</b>	<b>Beef Fried Rice/Carne con Arroz Sofrito</b>	<b>Spice Rubbed Chicken Fillet/Filete de Pollo con Especies</b>	<b>Beef Taco Meat Over Rice/Carne de Taco Sobre Arroz</b>
	Golden Corn Chips/ Frituras de Maíz	Steamed Rice/Arroz al Vapor	Steamed Peas/ Arvejas al Vapor	Steamed Rice/ Arroz al Vapor	Serve Seasoned Beef on Brown Rice/Carne Sazonada Sobre Arroz
	Black Bean & Fresh Carrots/ Frijoles negros & Zanahorias Frescas	Steamed Green Beans/Habichuelas al Vapor	Fruit of the Day/Fruta del Día	Fresh Broccoli/Broccoli Fresco	Black Beans & Carrots/Frijoles Negros & Zanahoria
	Fruit of the Day/Fruta del Día	Fruit of the Day/Fruta del Día	Milk Substitute/ Leche	Fruit of the Day/Futa del Día	Fruit of the Day & Corn Chips/Fruta del Día & Frituras de Maíz
	Milk Substitute/Leche	Milk Substitute/Leche		Milk Substitute/ Leche	Milk Substitute/Leche
<b>Week II</b>	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022
Hot Meal	<b>Chicken Supreme/Pollo Supremo</b>	<b>Beef Nachos/Nachos con Carne</b>	<b>Marinated Grilled Chicken Fillet/Filete de Pollo Marinado</b>	<b>Chicken Pilaf/ Arroz con Pollo</b>	<b>Beef &amp; Potatoes/ Carne &amp; Papas</b>
	Steamed Rice/Arroz al Vapor	Taco Beef & Golden Corn Chips/Carne de Taco & Frituras de Maíz	Brown Rice/Arroz Integral	Sliced Cucumbers/Pepinos en Rodaja	Steamed Rice/ Arroz al Vapor
	Fresh Baby Carrots/Zanahorias Frescas	Black Bean & Corn/Frijoles Negros & Maíz	Crisp Broccoli/Broccoli Crujiente	Fruit of the Day/ Fruta del Día	Steamed Peas/Arvejas al Vapor
	Fruit of the Day/Fruta del Día	Fruit of the Day/Fruta del Día	Fruit of the Day/Fruta del Día	Milk Substitute/ Leche	Fruit of the Day/ Fruta del Día
	Milk Substitute/Leche	Milk Substitute/ Leche	Milk Substitute/Leche		Milk Substitute/ Leche
<b>Week III</b>	Monday, September 26, 2022	Tuesday, September 27, 2022	Wednesday, September 28, 2022	Thursday, September 29, 2022	Friday, September 30, 2022
Hot Meal	<b>Chicken Fried Rice/Pollo con Arroz Sofrito</b>	<b>Beef &amp; Broccoli/ Carne &amp; Broccoli</b>	<b>Chicken Fajita w/Rice/Fajita de Pollo con Arroz</b>	<b>Beef Meatballs/Albondigas de Carne</b>	<b>Chicken &amp; Potatoes/Pollo &amp; Papas</b>
	Baby Carrots/Zanahorias Bebé	Brown Rice/Arroz Integral	Seasoned Chicken & Peppers/Pollo Sazonado & Pimentón	Brown Rice/Arroz Integral	Steamed Rice/ Arroz al Vapor
	Fruit of the Day/Fruta del Día	Steamed Corn/Maíz al Vapor	Served w/ Brown Rice/Servido con Arroz Integral	Steamed Green Beans/Habichuelas al Vapor	Crisp Broccoli/ Broccoli Crujiente
	Corn Chips/Frituras de Maíz	Fruit of the Day/Fruta del Día	Black Beans/Frijoles Negros	Fruit of the Day/Fruta del Día	Fruit of the Day/ Fruta del Día
	Milk Substitute/ Leche	Milk Substitute/Leche	Fruit of the Day & Milk Substitute/Fruta del Día & Leche	Milk Substitute/ Leche	Milk Substitute/ Leche

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

\* Skim and 1% milk choices offered daily.  
\* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.  
\* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.


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