

Elizabeth Lee Black Gluten/Dairy/Egg Free Lunch Summer Menu

July-August 2023



		5. Grilled Chicken & GF Pasta Baked Beans Assorted Fruit Milk	6. GF Pasta & Meatsauce Steamed Peas Assorted Fruit Milk	7. Beef tacos on Hard Shell Steamed Mixed Vegetables Assorted Fruit Milk
10. Juicy Burger w/ rice Steamed Corn Assorted Fruit Milk	11. BBQ Grilled Chicken w/ rice Steamed Green Beans Assorted Fruit Milk	12. Beef Nachos w/ Tortilla Chips Homestyle Refried Beans Assorted Fruit Milk	13. Grilled Chicken & GF Pasta Steamed Carrots Assorted Fruit Milk	14. Beef tacos on Hard Shell Steamed Cauliflower Assorted Fruit Milk
17. BBQ Pork w/ Rice Vegetarian Beans Assorted Fruit Milk	18. Grilled Sweet & Sour Diced Chicken W/ Rice Steamed Golden Corn Assorted Fruit Milk	19. Grilled Chicken & GF Pasta Steamed Green Beans Assorted Fruit Milk	20. GF Pasta & Meatsauce Steamed Carrots Assorted Fruit Milk	21. Grilled Chicken w/ Rice Steamed Cauliflower Assorted Fruit Milk
24. Beef & Cheese Nachos w/ tortilla Chips Refried Beans Assorted Fruit Milk	25. BBQ Grilled Chicken w/ rice Steamed Cauliflower Assorted Fruit Milk	26. Juicy Burger w/ rice Steamed Broccoli Assorted Fruit Milk	27. Grilled Chicken & GF Pasta Oven Roasted Carrots Assorted Fruit Milk	28. Beef tacos on Hard Shell Steamed Peas Assorted Fruit Milk
31. Juicy Burger on w/ rice Steamed Carrots Assorted Fruit Milk	1. Grilled Chicken & GF Pasta Steamed Corn Assorted Fruit Milk	2. GF Pasta & Meatsauce Steamed Broccoli Assorted Fruit Milk	3. BBQ Pork w/ rice Baked Beans Assorted Fruit Milk	4. Diced chicken w/ Rice Steamed Cauliflower Assorted Fruit Milk

Lunch Milk Choices Daily:

Fat Free Chocolate or 1% White

In order to qualify for a reimbursable lunch this meal must include the following components:
Meat/Meat Alternate, Fruit, Vegetable, Grains, Milk.

Daily alternate menu options: Wow Butter & Jelly Sandwich w/ Cheesestick or Cheese Sandwich

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director's Office of Civil Rights, Room 325-W, Whitten Building, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (202)720-5964 (voice and TDD).

MENUS SUBJECT TO CHANGE