

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

October 2023



<u>2.</u> <u>Lunch</u> Sloppy Joe w/ rice TNG Baked Beans Assorted Fruit Milk	<u>3.</u> <u>Lunch</u> Diced Chicken w/ GF Pasta Steamed Golden Corn Assorted Fruit Milk	<u>4.</u> <u>Lunch</u> GF Pasta w/ Meatsauce Steamed Broccoli Assorted Fruit Milk	<u>5.</u> <u>Lunch</u> Diced Chicken w/ Rice Oven Roasted Carrots Assorted Fruit Milk	<u>6.</u> <u>Lunch</u> Beef Nachos w/ tortilla chips Steamed Peas Assorted Fruit Assorted Jello Milk
<u>9.</u> <u>Lunch</u> BBQ Pork w/ Rice Steamed Carrots Assorted Fruit Milk	<u>10.</u> <u>Lunch</u> Diced Chicken w/ GF Pasta Steamed Mixed Vegetables Assorted Fruit Milk	<u>11.</u> <u>Lunch</u> BBQ Grilled Chicken w/ rice Steamed Corn Assorted Fruit Milk	<u>12.</u> <u>Lunch</u> Beef Nachos w/ tortilla chips Homestyle Refried Beans Assorted Fruit Milk	<u>13.</u> <u>Lunch</u> Diced Chicken w/ Rice Steamed Peas Assorted Fruit Assorted Jello Milk
<u>16.</u> <u>Lunch</u> Sweet & Sour Chicken w/ rice Steamed Broccoli Assorted Fruit Milk	<u>17.</u> <u>Lunch</u> Juicy Hamburger w/ rice Steamed Carrots Assorted Fruit Milk	<u>18.</u> <u>Lunch</u> Diced Chicken w/ GF Pasta French Fries Assorted Fruit Milk	<u>19.</u> <u>Lunch</u> BBQ Pork w/ rice TNG Baked Beans Assorted Fruit Milk	<u>20.</u> <u>Lunch</u> Beef Nachos w/ tortilla chips Steamed Mixed Vegetables Assorted Fruit Assorted Jello Milk
<u>23.</u> <u>Lunch</u> Diced Chicken w/ Rice Steamed Golden Corn Assorted Fruit Milk	<u>24.</u> <u>Lunch</u> Sloppy Joe w/ rice Steamed Green Beans Assorted Fruit Milk	<u>25.</u> <u>Lunch</u> GF Pasta W/ Meatsauce Refried Beans Assorted Fruit Milk	<u>26.</u> <u>Lunch</u> Diced Chicken w/ GF Pasta Steamed Broccoli Assorted Fruit Milk	<u>27.</u> <u>Lunch</u> Beef Tacos on Hard Shell Steamed Peas Assorted Fruit Assorted Jello Milk
<u>30.</u> <u>Lunch</u> BBQ Grilled Chicken w/ Rice Steamed Green Beans Assorted Fruit Milk	<u>31.</u> <u>Lunch</u> Diced Chicken w/ rice Steamed Corn Assorted Fruit Milk			

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 9th-12th: Wow Butter & Jelly Sandwich w/ Cheesestick

Lunch Milk Choices Daily:

Fat Free Chocolate or 1% White

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MENUS SUBJECT TO CHANGE