

Elizabeth Lee Black Gluten/Dairy/Egg Free Lunch Menu

January 2024



1. <u>NO SCHOOL</u>	2. <u>Lunch</u> BBQ Grilled Chicken w/ Rice Baked French Fries Assorted Fruit Milk	3. <u>Lunch</u> Juicy Hamburger w/ Rice Steamed Broccoli Assorted Fruit Milk	4. <u>Lunch</u> Diced Chicken w/ GF Pasta Oven Roasted Carrots Assorted Fruit Milk	5. <u>Lunch</u> Beef Hard Tacos Steamed Mixed Vegetables Assorted Fruit Milk Assorted Jello
8. <u>Lunch</u> Sloppy Joe w/ Rice BBQ Baked Beans Assorted Fruit Milk	9. <u>Lunch</u> Diced Chicken w/ GF Pasta Baked French Fries Assorted Fruit Milk	10. <u>Lunch</u> GF Pasta W/ Meatsauce Steamed Broccoli Assorted Fruit Milk	11. <u>Lunch</u> Diced Chicken w/ Rice Steamed Carrots Assorted Fruit Milk	12. <u>Lunch</u> Beef Nachos w/ Tortilla Chips Steamed Peas Assorted Fruit Milk Assorted Jello
15. <u>NO SCHOOL</u>	16. <u>NO SCHOOL</u>	17. <u>Lunch</u> Diced Chicken w/ GF Pasta Steamed Corn Assorted Fruit Milk	18. <u>Lunch</u> Beef Nachos w/ Tortilla Chips Steamed Carrots Assorted Fruit Milk	19. <u>Lunch</u> Hamburger w/ Rice Steamed Broccoli Assorted Fruit Milk Assorted Jello
22. <u>Lunch</u> BBQ Grilled Chicken w/ Rice Steamed carrots Assorted Fruit Milk	23. <u>Lunch</u> Diced Orange Chicken w/ Rice Steamed Broccoli Assorted Fruit Milk	24. <u>Lunch</u> Diced Chicken w/ GF Pasta Baked Beans Assorted Fruit Milk	25. <u>Lunch</u> BBQ Pork w/ Rice Steamed Peas Assorted Fruit Milk	26. <u>Lunch</u> Beef Nachos w/ Tortilla Chips Steamed Mixed Vegetables Assorted Fruit Milk Assorted Jello
29. <u>Lunch</u> Hamburger w/ Rice Steamed Broccoli Assorted Fruit Milk	30. <u>Lunch</u> Diced Chicken w/ Rice Steamed Green beans Assorted Fruit Milk	31. <u>Lunch</u> Beef Nachos w/ Tortilla Chips Potato Wedges 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