

WOW ALLERGENS LUNCH- DECEMBER MENU

Dairy/Milk [D] Egg [E] Tomato [T] Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] Sesame [SE] Cinnamon [CN] No Peanuts or Tree Nuts are used in these menus

MONDAY

2 oz Oven Fried Chicken Leg [G] [S]
1 **WG** Wheat Roll [G] [S] [C] (1 oz)
¼ c **Glazed Carrots** [D] [CN] [S]
¼ c **Apple Slices** (2-3)
¾ c Milk [D]

TUESDAY

2 oz CN Hamburger Patty [S] [C]
1 **WG** Bun (1.8 oz) [G] [S]
½ c **Spinach Salad** w Ranch [D] [E] [G]
¼ c **Cantaloupe**
¾ c Milk [D]

WEDNESDAY

Make Your Own Joe

½ c **Bean Sloppy Joe** (2 oz meat alternate) #8
[T] [C]
1 **WG** Bun (1.8 oz) [G] [S]
¼ c Cole Slaw [E] [S] [C]
2 **Orange Wedges**
¾ c Milk [D]

THURSDAY

¾ c Beef Picadillo [T]
¼ c **WG** Rice (½ oz Grain)
¼ c **Broccoli** w Creamy Italian Dip
[S] [C]
¼ c **Pears**
¾ c Milk [D]

FRIDAY

1 Cheese Manicotti [D] [E] [G]
[C] (2.75oz) w Tomato Basil [T]
• 1 ½ oz cheese 2 oz **WG** grain
½ c **Romaine Salad** w Ranch
[D] [E] [G]
¼ c **Fresh Fruit Salad** (Honeydew,
Cantaloupe, Pineapple)
¾ c Milk [D]

LUNCH

10

3 Meatballs (1.5 oz) [D] [T] [G] [S] w
Marinara Sauce [T]
¼ c **WG** Penne (½ oz) [G]
PC Parmesan Cheese [D]
¼ c **Baby Carrots** w Veggie Dip [D]
[E] [S]
½ **Apple**
¾ c Milk [D]

Mediterranean Cold Lunches

¼ c Seasoned Chicken Strips (2 oz)
½ **WG** Pita (1 oz) [G] [S] [D] [E]
1 Tbsp **Hummus**
¼ c **Petite Broccoli** w Italian [S] [C]
¼ c **Tropical Fruit Salad**
¾ c Milk [D]

11

½ c Beef & **Bean** Chili [T] [C]
2 oz meat/meat alternate
1 oz Cornbread [D] [E] [G] [S] [C]
½ c **Romaine** with Ranch [D] [E] [G]
2 **Orange Wedges**
¾ c Milk [D]

12

3 oz **WG** Fish Fillet [D] [G] [C] [T] (1.5 oz
M/MA)
¼ c Bolivian Rice (½ oz Grain) [D]
½ c **Spinach Salad** w Italian [S] [C]
¼ c **Honeydew**
¾ c Milk [D]

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Make Your Own Burrito

¼ c **Black Beans** & 1/8 c Monterrey
Cheese [D]
1-6 in **WW** Tortilla (1 oz) [G] [S]
PC Mild Salsa [T]
½ c **Romaine**
¼ c **Pineapple**
¾ c Milk [D]

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Italian

2 Chicken Tenders 2 oz [G] [S] [C]
PC Marinara Sauce [T]
1 **WG** Breadstick (1.2 oz) [G] [S] [D] [E]
¼ c **Baby Carrots**
½ **Apple**
¾ c Milk [D]

17

½ c Beef & Macaroni Pasta Bake #8 [G]
[T]
• 2 oz beef, ¼ c **WG** noodles (1.3 oz)
¼ c **Broccoli** w Ranch [D] [E] [G]
¼ c **Pineapple**
¾ c Milk [D]

18

2 oz Oven Fried Chicken Leg [G] [S]
1 oz **WG** Corn Muffin [E] [G] [S] [C]
¼ c Cole Slaw [E] [S] [C]
¼ c **Honeydew** EHS Diced
¾ c Milk [D]

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Make Your Own Taco

¼ c Beef Taco Meat (1.5 oz meat) [T]
1 Tbsp Shredded Cheddar Cheese [D]
1oz Hard **WG** Taco Shell [C]
EHS 1 oz WG Tortilla [G] [S]
½ c **Shredded Romaine**
PC Salsa [T]
½ **Banana**
¾ c Milk [D]

20

½ c Macaroni & Cheese
[D] [E] [G] [S] [C]
• ¼ oz Cheese; ¼ c **WG** Noodles
¾ c Vegetarian **Baked Beans** [C]
½ c **Spinach Salad** w Italian [S] [C]
¼ c **Peaches**
¾ c Milk [D]

21

Make Your Own Wrap

1 oz Turkey (2 Slices)
2 Tbsp **Hummus** [SE]
½ oz Cheddar Cheese [D]
1 **WG** Flour Tortilla (1 oz) [G] [S]
½ c **Spinach Salad** w Italian [S] [C]
¼ c **Pears**
¾ c Milk [D]

24



25

2 oz Meatloaf [D] [G] [T] [S] [C]
1 **WG** Corn Muffin (1 oz) [E] [G] [S] [C]
¼ c Cheesy Mashed Potatoes [D]
¼ c **Honeydew** EHS Diced
¾ c Milk [D]

26

Asian

¼ c Honey Glazed Chicken (1.5 oz meat)
#16 [G] [S]
¼ c **Brown WG** Rice (½ oz grain)
¼ c **Broccoli** w Ranch [D] [E] [G]
¼ c **Mandarin Oranges**
¾ c Milk [D]

27

Make Your Own Pizza

½ **WW** English Muffin [D] [G] [S] 1 oz
2 TBSP Shredded Mozzarella
Cheese [D]
1 oz String Cheese [D]
¼ c Tomato Sauce [T] (Hot)
½ c **Spinach Salad** w Italian [S] [C]
¼ c **Fresh Fruit Salad** (Honeydew,
Cantaloupe, Pineapple)
¾ c Milk [D]

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31

2 oz Oven Baked Chicken Leg [G]
[S]
1 **WG** Wheat Roll [G] [S] [C] (1 oz)
¼ c **Glazed Carrots** [D] [CN] [S]
¼ c **Apple Slices** (2-3)
¾ c Milk [D]