

# HOT BREAKFAST

# OCTOBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Whole Wheat Confetti Pancake, <b>Apple,</b>	Breakfast Combo, (Whole Wheat Tortilla) (DF) <b>Clementine,</b>	English Muffin w/ Turkey Sausage, & Cheese. <b>Banana,</b>	Cheese Omelet w/ Salsa (Whole Wheat Bread) <b>Apple,</b>
7	8	9	10	11
Pancakes (Whole Wheat) w/ Maple Syrup, <b>Orange,</b>	French Toast Sticks w/ Maple Syrup <b>Apple,</b>	Whole Wheat Bagel w/ Cream Cheese <b>Clementine,</b>	Breakfast Turkey Pizza (Age Group: Ages 6-18) <b>Banana,</b>	Eggs Patty, Ranchero Sauce, Whole Wheat Bread <b>Apple,</b>
14	15	16	17	18
Whole Wheat Bagel w/ Cream Cheese <b>Orange,</b>	French Toast Sticks w/ Maple Syrup <b>Apple,</b>	Egg & Cheese Croissant Sandwich, <b>Clementine,</b>	Ground Beef Hash Brown Stackler (Age Group: Ages 6-18) <b>Banana,</b>	Breakfast Burrito: Egg & Turkey DELI <b>Apple,</b>
21	22	23	24	25
Pancakes (Whole Wheat) w/ Maple Syrup <b>Orange,</b>	Egg & Cheese Croissant Sandwich, <b>Apple,</b>	English Muffin w/ Turkey Sausage, & Cheese. <b>Clementine,</b>	Vegetable Frittata (Age Group: Ages 6-18) <b>Banana,</b>	Whole Wheat Bagel w/ Cream Cheese <b>Apple,</b>
28	29	30	31	
Whole Wheat Confetti Pancake <b>Orange,</b>	Egg Patty, Ranchero Sauce, Whole Wheat Bread <b>Apple,</b>	French Toast Sticks w/ Maple Syrup <b>Clementine,</b>	Whole Wheat Bagel w/ Cream Cheese <b>Banana,</b>	
1% milk/choc milk***	1% milk/choc milk***	1% milk/choc milk***	1% milk/choc milk***	1% milk/choc milk***

\*\*\*Pre-K kids can only have 1% Milk according to DESE regulations.

# Cold Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Cocoa Puffs Cereal, <b>Apple</b> , 1% milk/choc milk	Apple Cinnamon Cheerios Cereal, <b>Clementine</b> , and 1% milk/choc milk	Honey Cheerios Cereal, <b>Banana</b> , 1% milk/choc milk***	Chocolate Chip Muffin, <b>Apple</b> , 1% milk/choc milk***
7	8	9	10	11
Blueberry Chex Cereal, <b>Orange</b> , 1% milk/choc milk***	Apple Cinnamon Cheerios Cereal <b>Apple</b> , 1% milk/choc milk***	Cocoa Puffs Cereal, <b>Clementine</b> , 1% milk/choc milk***	Blueberry Muffin, <b>Banana</b> , 1% milk/choc milk***	Cinnamon Toast Cereal, <b>Apple</b> , 1% milk/choc milk***
14	15	16	17	18
Cinnamon Toast Cereal, <b>Orange</b> , 1% milk/choc milk***	Chocolate Chip Muffin, <b>Apple</b> , 1% milk/choc milk***	Blueberry Chex Cereal, <b>Clementine</b> , 1% milk/choc milk***	Cinnamon Toast Cereal, <b>Banana</b> , 1% milk/choc milk***	Cocoa Puffs Cereal, <b>Apple</b> , 1% milk/choc milk***
21	22	23	24	25
Cocoa Puffs Cereal, <b>Orange</b> , 1% milk/choc milk***	Blueberry Chex Cereal, <b>Apple</b> , 1% milk/choc milk***	Pop Tart, Strawberry Frosted, 1 Mozzarella Stick, <b>Clementine</b> , 1% milk/choc milk***	Cocoa Puffs Cereal, <b>Banana</b> , 1% milk/choc milk***	Cinnamon Toast Cereal, <b>Apple</b> , 1% milk/choc milk***
28	29	30	31	
Apple Cinnamon Cheerios Cereal, <b>Orange</b> , 1% milk/choc milk***	Cocoa Puffs Cereal, <b>Apple</b> , 1% milk/choc milk***	Blueberry Chex Cereal, <b>Clementine</b> , 1% milk/choc milk***	Blueberry Muffin (Whole Wheat) <b>Banana</b> , 1% milk/choc milk***	

\*\*\*Pre-K kids can only have 1% Milk according to DESE regulations.



# Cold Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	BBQ Chicken, Quinoa w/ Sweet Potato, Red Pepper, Spinach Salad & W.W. Dinner Roll, Clementine & 2nd Fruit 1% milk/choc milk	Jerk Chicken Sandwich, W.W. Bread, Cabbage, Carrots, Pineapple w/ Ranch Dressing, Orange & 2nd Fruit 1% milk/choc milk	Fiesta Salad: Boiled Eggs, Black Beans, Tomato, Carrots, Bell Peppers, W.W. Dinner Roll, & 1000 Island Dressing Apple & 2nd Fruit, 1% milk/choc milk	Chicken Chipotle Wrap: Chicken, Lettuce, Baby Carrots, W.W. Tortilla, & Ranch Dressing, Banana & 2nd Fruit 1% milk/choc milk
7	8	9	10	11
Farm Salad: Boiled Eggs, Lettuce, Tomato, Carrots, W.W. Dinner Roll, & Italian Dressing, Apple & 2nd Fruit 1% milk/choc milk	Gilled Peruvian Chopped Chicken Salad: Lettuce, Corn, Cherry, Black Beans, W.W. Tortilla, Ranch Dressing Clementine & 2nd Fruit, 1% milk/choc milk.	Chicken Salad Sandwich, W.W. Bread, Garden Salad, Italian Dressing, Orange & 2nd Fruit 1% milk/choc milk Contains: Mayo	Caprese Sandwich w/ Balsamic Glaze, Spinach Salad w/ Balsamic Dressing Apple & 2nd Fruit 1% milk/choc milk	Smoke-Grilled BBQ Chicken Sandwich, W.W. Bun, Baby Carrots, Grapes, Ranch Dressing Banana & 2nd Fruit 1% milk/choc milk
14	15	16	17	18
DEI Turkey Sandwich, W.W. Bread, American Cheese, Baby Carrots, Ranch Dressing, Mayo Apple & 2nd Fruit 1% milk/choc milk Contains: Mayo	Fiesta Salad: Boiled Eggs, Black Beans, Tomato, Carrots, Bell Peppers, W.W. Dinner Roll, & 1000 Island Dressing. Clementine & 2nd Fruit, 1% milk/choc milk.	Lemon Chicken Wrap, Lettuce, W.W. Tortilla, Mixed Veggie Potato Salad. Orange & 2nd Fruit 1% milk/choc milk	Salvadorian Chicken Sandwich, Cabbage Slaw, Carrots, W.W. Bread, Apple & 2nd Fruit 1% milk/choc milk	Mediterranean Salad: Lettuce, Tomato, Chickpeas, Bell Peppers, Cucumber, Mini Pita Bread, & Balsamic Vinaigrette, Banana & 2nd Fruit 1% milk/choc milk
21	22	23	24	25
Farm Salad: Boiled Eggs, Lettuce, Tomato, Celery, Carrots, W.W. Dinner Roll, Italian Dressing Apple & 2nd Fruit 1% milk/choc milk****.	Grilled Chicken Salad, Apple, Broccoli Slaw, Carrots, Lettuce, Pumpkin Seed, & French Dressing, Clementine & 2nd Fruit 1% milk/choc milk	Sunflower Butter & Jelly Sandwich, W.W. Bread, Baby Carrots, Grapes, Ranch Dressing Orange & 2nd Fruit 1% milk/choc milk	Chicken Caesar Salad: Grilled Chicken, Lettuce, Cherry Tomatoes, W.W. Dinner Roll, & Caesar Dressing, Apple & 2nd Fruit, 1% milk/choc milk	Taco Salad: Black Beans, Chickpea, Corn, Cherry Tomato, Lettuce, W.W. Tortilla Chip, & 100 Island Dressing. Banana & 2nd Fruit 1% milk/choc milk****
28	29	30	31	
DEI Turkey Sandwich, W.W. Bread, American Cheese, Baby Carrots, Ranch Dressing, Mayo Apple & 2nd Fruit 1% milk/choc milk	Grilled Chicken w/ W.W. Pasta Salad, Corn, Spinach, Ranch Dressing Clementine & 2nd Fruit 1% milk/choc milk	Egg Salad Sandwich: W.W. Bread, Garden Salad, Italian Dressing Orange & 2nd Fruit 1% milk/choc milk	Chicken Waldorf Sandwich W.W. Bread, Garden salad, French dressing Apple & 2nd Fruit 1% milk/choc milk	

\*\*\*Pre-K kids can only have 1% Milk according to DESE regulations.

# Hot Lunch Menu

# OCTOBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Burger Day!!! Beef Patty, American Cheese, W.W. Bun, Mix Veggie (Ketchup) <b>Clementine &amp; 2nd Fruit</b> 1% milk/choc milk	Peruvian Chicken w/ Enriched White Rice & Quinoa w/ Carrot, Corn. <b>Orange &amp; 2nd Fruit</b> 1% milk/choc milk	Creole Chicken, Lima Bean Brown Rice, Green Beans. <b>Apple &amp; 2nd Fruit</b> 1% milk/choc milk	Pizza day!!! & Mixed Veggies, <b>Banana &amp; 2nd Fruit</b> 1% milk/choc milk
7	8	9	10	11
Chicken Nuggets, w/ Mashed Potatoes, WW Dinner Roll & Carrots (Ketchup) <b>Apple &amp; 2nd Fruit</b> 1% milk/choc milk	Beef Meatballs, W.W. Penne Pasta w/ Marinara Sauce, & Broccoli, <b>Clementine &amp; 2nd Fruit</b> 1% milk/choc milk	Brazilian Grilled Chicken, Brazilian Enriched White Rice, Pea, Corn, Carrots, Raisins, & Green Beans, <b>Orange &amp; 2nd Fruit</b> 1% milk/choc milk	Jerk Chicken, Pigeon Enriched Rice, Plantains, <b>Apple &amp; 2nd Fruit</b> 1% milk/choc milk	Pizza day!!! & Mixed Veggies, <b>Banana &amp; 2nd Fruit</b> , 1% milk/choc milk
14	15	16	17	18
Breakfast For Lunch!!! Pancakes, Tater Tots, Sausage & Carrots (Maple Syrup/Ranch) <b>Apple &amp; 2nd Fruit</b> 1% milk/choc milk	Barbacoa Beef Taco, Cilantro Lime Brown Rice, Corn, <b>Clementine &amp; 2nd Fruit</b> 1% milk/choc milk	BBQ Grilled Chicken, Mexican Sweet Potato, W.W. Dinner Tortilla, <b>Orange &amp; 2nd Fruit</b> 1% milk/choc milk	Teriyaki Chicken, Enriched White Rice & Broccoli <b>Apple &amp; 2nd Fruit</b> 1% milk/choc milk	Beef Totchos (Tater Tots Nachos), W.W. Bread & Cheesy Green Peas, <b>Banana &amp; 2nd Fruit</b> 1% milk/choc milk
21	22	23	24	25
Hot Dog Day!!!! Beef Sausage, W.W. Sub, Potato Tots, & Roasted Carrots, (Ketchup) <b>Apple &amp; 2nd Fruit</b> , 1% milk/choc milk	Summer Roasted Chicken, Enriched W.W. Pasta & Broccoli, <b>Clementine &amp; 2nd Fruit</b> 1% milk/choc milk	Turkey Fajitas Quesadilla, W.W. Tortilla, & Corn, <b>Orange &amp; 2nd Fruit</b> 1% milk/choc milk	Dominican Chicken, Enriched Seasoning Rice, & Green Beans, <b>Apple &amp; 2nd Fruit</b> 1% milk/choc milk	Pizza day!!! & Mixed Veggies, <b>Banana &amp; 2nd Fruit</b> , 1% milk/choc milk
28	29	30	31	
Chicken Carnitas, Enriched White Rice, Corn & Red Pepper, <b>Apple &amp; 2nd Fruit</b> 1% milk/choc milk	Beef Bolognese, Enriched Pasta, Roasted Carrots <b>Clementine &amp; 2nd Fruit</b> , 1% milk/choc milk	Mini Chicken Corn Dog, Mashed Potato, Roasted Carrots, <b>Orange &amp; 2nd Fruit</b> 1% milk/choc milk	Enriched Rasta Pasta w/ Chicken, & Broccoli, <b>Apple &amp; 2nd Fruit</b> , 1% milk/choc milk	

\*\*\*Pre-K kids can only have 1% Milk according to DESE regulations.



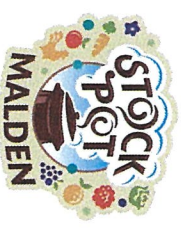
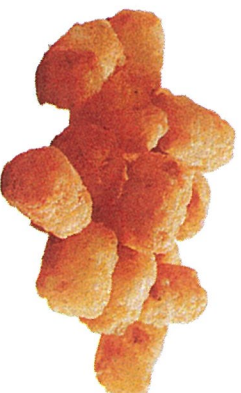
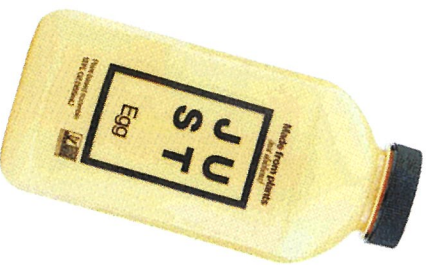
# DAIRY-FREE EGG-FREE BREAKFAST OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
OCT 7, 21	OCT 8, 22	OCT 9, 23	OCT 10, 24	OCT 11, 25
Whole Wheat Bagel with Jelly (Assorted Flavors), <b>Orange</b>	Egg** Burrito with Salsa (Whole Wheat), <b>Apple</b>	Dairy-Free Cereal, <b>Clementine</b>	Turkey Sausage in a Whole Wheat Bagel Sandwich, <b>Banana</b>	Dairy-Free Cereal, <b>Apple</b>
Dairy/Lactose-Free Milk	Dairy/Lactose-Free Milk	Dairy/Lactose-Free Milk	Dairy/Lactose-Free Milk	Dairy/Lactose-Free Milk
SEP 30 & OCT 14, 28	OCT 1, 15, 29	OCT 2, 16, 30	OCT 3, 17, 31	OCT 4, 18
Breakfast Burrito (Whole Wheat Tortilla) w/ Turkey Sausage, (DF), <b>Orange</b>	Dairy-Free Cereal, <b>Apple</b>	Hash Brown, Scrambled Eggs** w/ Turkey, (DF) <b>Clementine</b>	Dairy-Free Cereal, <b>Banana</b>	Egg** in a Whole Wheat Bagel Sandwich, <b>Apple</b>
Dairy/Lactose-Free Milk	Dairy/Lactose-Free Milk	Dairy/Lactose-Free Milk	Dairy/Lactose-Free Milk	Dairy/Lactose-Free Milk

Dairy-Free Cereal Options to be sent are:

- Cinnamon Toast
- Cocoa Puffs
- Cheerios (Variety of Flavors)
- Blueberry Chex

\*\*Plant Based Egg Substitute, Ingredients will be listed on the daily menus.



# Vegetarian Menu

# OCTOBER 2024



Monday

Tuesday

Wednesday

Thursday

Friday

1  
Veggie Burger,  
American Cheese,  
Mixed Veggies, W.W. Bun,  
Clementine & 2nd Fruit  
1% milk/choc milk.

2  
Black Beans,  
Enriched Carrot Quinoa Rice,  
& Corn,  
Orange & 2nd Fruit  
1% milk/choc milk.

3  
Vegan Creole Chicken w/ Lima  
Bean Brown Rice, & Corn,  
Apple & 2nd Fruit  
1% milk/choc milk\*\*\*

4  
Pizza day!!!  
Pita dough, Vegan Cheese,  
Mixed Veggies,  
Banana & 2nd Fruit  
1% milk/choc milk\*\*\*

7

Veggie Chicken Nuggets,  
Mashed Potatoes,  
W.W. Dinner Roll  
& Carrots,  
Apple & 2nd Fruit,  
1% milk/choc milk\*\*\*

8  
W.W Penne Pasta w/  
Plant Base Meatball, Broccoli,  
Marinara Sauce,  
Clementine & 2nd Fruit  
1% milk/choc milk\*\*\*

9  
Boiled Hard Egg in Tomato  
Sauce, Brazilian Enriched Rice,  
Peas, Corn, Carrots, Raisins, &  
Green Beans,  
Orange & 2nd Fruit  
1% milk/choc milk\*\*\*

10  
Jerk Vegan Chicken,  
Pigeon Enriched Rice,  
Plantains,  
Apple & 2nd Fruit  
1% milk/choc milk\*\*\*

11  
Pizza Day!!!  
Pita Dough, Vegan Cheese,  
Mixed Veggies,  
Banana & 2nd Fruit  
1% milk/choc milk\*\*\*.

14

Breakfast For Lunch!!!  
Pancakes w/ a  
Cheese Stick,  
Apple & 2nd Fruit  
1% milk/choc milk\*\*\*

15  
Barbacoa Plant-Based Meatball,  
Cilantro lime Brown Rice, Corn,  
Clementine & 2nd Fruit  
1% milk/choc milk\*\*\*.

16  
Tempura BBQ Tofu,  
Mexican Sweet Potato,  
W.W. Dinner Tortilla,  
Orange & 2nd Fruit  
1% milk/choc milk\*\*\*

17  
Teriyaki Vegan Chicken,  
Enriched White Rice, Broccoli,  
Apple & 2nd Fruit  
1% milk/choc milk\*\*\*

18  
Vegan Beef Totchos (Tater Tots  
Nachos) W.W. Dinner Roll,  
Green Pea.  
Banana & 2nd Fruit  
1% milk/choc milk\*\*\*.

21

Hot Dog Day!!!!  
Vegan Sausage, W.W. Sub,  
Tater Tots, & Carrots,  
Apple & 2nd Fruit  
1% milk/choc milk\*\*\*

22  
Boiled Hard Egg in Tomato  
Sauce, Enriched W.W. Pasta,  
Broccoli  
Clementine & 2nd Fruit  
1% milk/choc milk\*\*\*

23  
Refried Beans & Cheese  
Quesadilla, W.W. Tortilla, Corn,  
Orange & 2nd Fruit  
1% milk/choc milk\*\*\*

24  
Baked Cheese Stick,  
Enriched Seasoning Rice,  
Green Beans,  
Apple & 2nd Fruit  
1% milk/choc milk\*\*\*

25  
Pizza Day!!!  
Pita Dough, Vegan Cheese,  
Mixed Veggies,  
Banana & 2nd Fruit  
1% milk/choc milk\*\*\*.

28

Plant-Based Meatballs, Cheese  
Enriched White Rice,  
Corn & Red Pepper  
Apple & 2nd Fruit  
1% milk/choc milk\*\*\*

29  
Plant Based Bolognese,  
Enriched Pasta,  
Roasted Carrots,  
Clementine & 2nd Fruit,  
1% milk/choc milk\*\*\*

30  
Vegan Corn Dog, Mashed  
Potatoes & Roasted Carrots &  
W.W. Dinner Roll,  
Orange & 2nd Fruit  
1% milk/choc milk\*\*\*

31  
Vegan Chicken  
Rasta Enriched Pasta,  
Broccoli,  
Apple & 2nd Fruit  
1% milk/choc milk\*\*\*

\*\*\*Pre-K kids can only have 1% Milk according to DESE regulations.



# Dairy Free Menu

# OCTOBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p>Chicken Nuggets, w/ Mashed Potatoes, W.W. Dinner Roll &amp; Carrots (Ketchup) <b>Apple &amp; 2nd Fruit</b> Dairy/Lactose-Free Milk</p> <p>14</p>	<p>Burger Day!!! Beef Patty, Vegan Cheese, W.W. Bun, Mix Veggie (Ketchup) <b>Clementine &amp; 2nd Fruit</b> Dairy/Lactose-Free Milk</p> <p>8</p>	<p>Peruvian Chicken w/ Enriched White Rice &amp; Quinoa w/ Carrot, Corn. <b>Orange &amp; 2nd Fruit</b> Dairy/Lactose-Free Milk</p> <p>9</p>	<p>Creole Chicken, Lima Bean Brown Rice, Green Beans. <b>Apple &amp; 2nd Fruit</b> Dairy/Lactose-Free Milk</p> <p>10</p>	<p>Pizza day!!! Dairy/Lactose Free Cheese, &amp; Mixed Veggies, <b>Banana &amp; 2nd Fruit</b> Dairy/Lactose-Free Milk</p> <p>11</p>
<p>Breakfast For Lunch!!! W.W. Bagel, Tater Tots, Sausage &amp; Carrots (Maple Syrup/Ranch) <b>Apple &amp; 2nd Fruit</b> Dairy/Lactose-Free Milk</p> <p>21</p>	<p>Beef Meatballs, W.W. Penne Pasta w/ Marinara Sauce, &amp; Broccoli, <b>Clementine &amp; 2nd Fruit</b> Dairy/Lactose-Free Milk</p> <p>15</p>	<p>Brazilian Grilled Chicken, Brazilian Enriched White Rice, Pea, Corn, Carrots, Raisins, &amp; Green Beans, <b>Orange &amp; 2nd Fruit</b> Dairy/Lactose-Free Milk</p> <p>16</p>	<p>Jerk Chicken, Pigeon Enriched Rice, Plantains, <b>Apple &amp; 2nd Fruit</b> Dairy/Lactose-Free Milk</p> <p>17</p>	<p>Pizza day!!! Dairy/Lactose Free Cheese, &amp; Mixed Veggies, <b>Banana &amp; 2nd Fruit</b>, Dairy/Lactose-Free Milk</p> <p>18</p>
<p>Hot Dog Day!!!! Beef Sausage, W.W. Sub, Potato Tots, &amp; Roasted Carrots, (Ketchup) <b>Apple &amp; 2nd Fruit</b>, Dairy/Lactose-Free Milk</p> <p>28</p>	<p>Barbacoa Beef Taco, Cilantro Lime Brown Rice, Corn, <b>Clementine &amp; 2nd Fruit</b> Dairy/Lactose-Free Milk</p> <p>22</p>	<p>BBQ Grilled Chicken, Mexican Sweet Potato, W.W. Dinner Tortilla, <b>Orange &amp; 2nd Fruit</b> Dairy/Lactose-Free Milk</p> <p>23</p>	<p>Teriyaki Chicken, Enriched White Rice &amp; Broccoli <b>Apple &amp; 2nd Fruit</b> Dairy/Lactose-Free Milk</p> <p>24</p>	<p>Beef Totchos (Tater Tots Nachos), W.W. Bread, Vegan Cheesy Green Peas, <b>Banana &amp; 2nd Fruit</b>, Dairy/Lactose-Free Milk</p> <p>25</p>
<p>Chicken Carnitas, Enriched White Rice, Corn &amp; Red Pepper, <b>Apple &amp; 2nd Fruit</b> Dairy/Lactose-Free Milk</p> <p>28</p>	<p>Summer Roasted Chicken, Enriched W.W. Pasta &amp; Broccoli, <b>Clementine &amp; 2nd Fruit</b> Dairy/Lactose-Free Milk</p> <p>29</p>	<p>Turkey Fajitas Quesadilla, (Vegan Cheese) W.W. Tortilla, &amp; Corn, <b>Orange &amp; 2nd Fruit</b> Dairy/Lactose-Free Milk</p> <p>30</p>	<p>Dominican Chicken, Enriched Seasoning Rice, &amp; Green Beans, <b>Apple &amp; 2nd Fruit</b> Dairy/Lactose-Free Milk</p> <p>31</p>	<p>Pizza day!!! Dairy/Lactose Free Cheese, &amp; Mixed Veggies, <b>Banana &amp; 2nd Fruit</b>, Dairy/Lactose-Free Milk</p> <p>31</p>

# SPECIAL REQUESTS MENU OCTOBER 2024



Please Make Sure that the Replacement is the Same Lunch Type

## Hot Lunch Option 1

Beef Meatballs on a  
Whole Wheat Sub,  
& Corn/Broccoli,  
Fresh Fruit  
1% Milk/Choc Milk\*\*\*

## Hot Lunch Option 2

Chicken Nuggets,  
Roasted Carrots,  
Enriched White Rice,  
Fresh Fruit  
1% Milk/Choc Milk\*\*\*

## Cold Lunch Option 1

Cold Lunch:  
Turkey Sandwich,  
Cheddar Cheese, on Whole  
Wheat Bread &  
Garden Salad.  
Fresh Fruit  
1% Milk/Choc Milk\*\*\*

## Cold Lunch Option 2

Vegetarian Option:  
Sunflower Butter and Jelly  
Sandwich, Chickpeas,  
& Salad  
Fresh Fruit  
1% Milk/Choc Milk\*\*\*

\*\*\*Pre-K kids can only have 1% Milk according to DESE regulations.

## How to implement these options into your menu?

- If there's a meal on a certain day that the kids do not find very appetizing feel free to enter which option meal you'd like to replace it with under the Special Requests Section!
- The fruit sent will be assigned depending on the day you decide when to implement a substitute meal from the options above!
- These meal substitutes can be used to replace meals from the Hot Lunch Menu only and do not apply for meals from the Breakfasts Menus or Cold/Vegetarian/Dairy-Free Menus.
- Meal options cannot be mixed, one meal substitute per day.
- Fresh Fruit = FRUIT OF THE DAY

Any further questions please feel free to reach out and let me know!



# NUTRITION INFORMATION

All our breakfasts meet the following requirements:

- Milk: 8 oz.
- Fruit or Vegetable: 1 cup/8 oz.
- Grain: 2 oz.

All our lunches meet the following requirements:

- Milk: 8 oz.
- Fruit: 1 cup/8 oz.
- Vegetables: 1 cup/8 oz.
- Grain: 2 oz.
- Protein: 2 oz.

None of our food products contain Peanuts, Tree Nuts, Fish, Shellfish, or Pork.

We provide a choice of 4 "standard" meals

- Hot breakfasts
- Cold breakfasts
- Hot lunches
- Cold lunches

We supply the following 4 Allergy Meals:

- Dairy-Free, Egg-Free breakfasts
- Vegetarian Lunches
- Dairy-Free Lunches
- Dairy-Free, Egg-Free Lunches

