

# HOT BREAKFAST



# MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
APRIL 28	APRIL 29	APRIL 30	MAY 1	MAY 2
Whole Wheat Confetti Pancake Orange, 1% milk/choc milk***	Egg Patty, Ranchero Sauce, Whole Wheat Bread Apple, 1% milk/choc milk***	French Toast Sticks w/ Maple Syrup Clementine, 1% milk/choc milk***	Whole Wheat Bagel w/ Cream Cheese Banana, 1% milk/choc milk***	Breakfast Combo, (Whole Wheat Bread) (DF) Apple, 1% milk/choc milk
5 Pancakes (Whole Wheat) w/ Maple Syrup, Orange, 1% milk/choc milk***	6 French Toast Sticks w/ Maple Syrup Apple, 1% milk/choc milk***	7 Breakfast Burrito: Egg & Turkey Deli Clementine, 1% milk/choc milk***	8 Breakfast Turkey Pizza (Age Group: Ages 6-18) Banana, 1% milk/choc milk***	9 Eggs Patty, Ranchero Sauce, Whole Wheat Bread Apple, 1% milk/choc milk***
12 Vegetable Frittata (Age Group: Ages 6-18) Orange, 1% milk/choc milk***	13 French Toast Sticks w/ Maple Syrup Apple, 1% milk/choc milk***	14 Egg & Cheese Croissant Sandwich, Clementine, 1% milk/choc milk***	15 Ground Beef Hash Brown Stacker (Age Group: Ages 6-18) Banana, 1% milk/choc milk***	16 Breakfast Burrito: Egg & Turkey Deli Apple, 1% milk/choc milk***
19 Pancakes (Whole Wheat) w/ Maple Syrup Orange, 1% milk/choc milk***	20 Egg & Cheese Croissant Sandwich, Apple, 1% milk/choc milk***	21 English Muffin w/ Turkey Sausage, & Cheese. Clementine, 1% milk/choc milk***	22 Vegetable Frittata (Age Group: Ages 6-18) Banana, 1% milk/choc milk***	23 Egg Patty, Ranchero Sauce, Whole Wheat Bread Apple, 1% milk/choc milk***
26 English Muffin w/ Turkey Sausage, & Cheese. Orange, 1% milk/choc milk***	27 Egg Patty, Ranchero Sauce, Whole Wheat Bread Apple, 1% milk/choc milk***	28 French Toast Sticks w/ Maple Syrup Clementine, 1% milk/choc milk***	29 Egg & Cheese Croissant Sandwich Banana, 1% milk/choc milk***	30 Breakfast Combo, (Whole Wheat Bread) (DF) Apple, 1% milk/choc milk

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



# Cold Breakfast

# MAY 2025

Monday	Tuesday	Wednesday	Friday
APRIL 28	APRIL 29	APRIL 30	MAY 1
Whole Wheat Bagel w/ Cream Cheese, <i>Orange</i> , 1% milk/choc milk***	Cheerios Cereal, Apple, 1% milk/choc milk***	Blueberry Chex Cereal, <i>Clementine</i> , 1% milk/choc milk***	Blueberry Muffin (Whole Wheat) 1% milk/choc milk***
5 Blueberry Chex Cereal, <i>Orange</i> , 1% milk/choc milk***	6 Whole Wheat Bagel w/ Cream Cheese Apple, 1% milk/choc milk***	7 Cocoa Puffs Cereal, <i>Clementine</i> , 1% milk/choc milk***	8 Blueberry Muffin, 1% milk/choc milk***
12 Cinnamon Toast Cereal, <i>Orange</i> , 1% milk/choc milk***	13 Chocolate Chip Muffin, Apple, 1% milk/choc milk***	14 Blueberry Chex Cereal, <i>Clementine</i> , 1% milk/choc milk***	15 Cheerios Cereal, 1% milk/choc milk***
19 Cocoa Puffs Cereal, <i>Orange</i> , 1% milk/choc milk***	20 Blueberry Chex Cereal, Apple, 1% milk/choc milk***	21 Whole Wheat Bagel w/ Cream Cheese, <i>Clementine</i> , 1% milk/choc milk***	22 Cheerios Cereal, 1% milk/choc milk***
26 Whole Wheat Bagel w/ Cream Cheese, <i>Orange</i> , 1% milk/choc milk***	27 Cocoa Puffs Cereal, Apple, 1% milk/choc milk***	28 Blueberry Chex Cereal, <i>Clementine</i> , 1% milk/choc milk***	29 Blueberry Muffin (Whole Wheat) 1% milk/choc milk***
			30 Cheerios Cereal, Apple, 1% milk/choc milk***
			23 Cinnamon Toast Cereal, Apple, 1% milk/choc milk***

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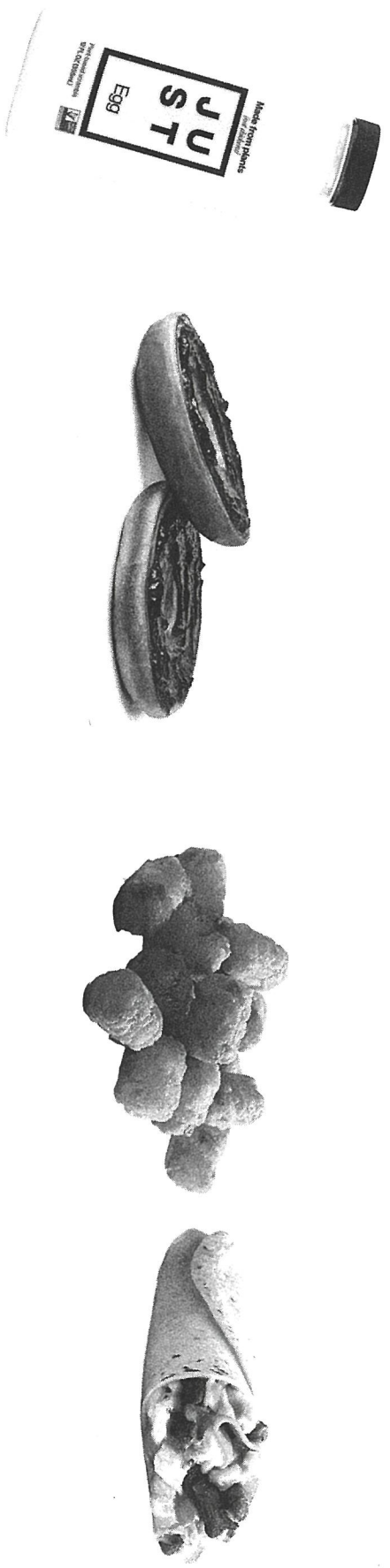
# DAIRY-FREE EGG-FREE BREAKFAST MAY 2025

Monday	Tuesday	Wednesday	Friday
APRIL 28 & MAY 12, 26	APRIL 29 & MAY 13, 27	APRIL 30 & MAY 14, 28	MAY 1, 15, 29
Whole Wheat Bagel with Jelly (Assorted Flavors!), Orange, Dairy/Lactose-Free Milk	Egg** Burrito with Salsa (Whole Wheat), Apple, Dairy/Lactose-Free Milk	Dairy-Free Cereal, Clementine, Dairy/Lactose-Free Milk	Turkey Sausage in a Whole Wheat Bagel Sandwich, Dairy/Lactose-Free Milk
MAY 5, 19	MAY 6, 20	MAY 7, 21	MAY 8, 22
Breakfast Burrito (Whole Wheat Tortilla) w/ Turkey Sausage, (DF), Orange, Dairy/Lactose-Free Milk	Dairy-Free Cereal, Apple, Dairy/Lactose-Free Milk	Hash Brown, Scrambled Eggs** w/ Turkey, (DF) Clementine, Dairy/Lactose-Free Milk	Dairy-Free Cereal, Dairy/Lactose-Free Milk
			MAY 9, 23
			Egg** in a Whole Wheat Bagel Sandwich, Apple, 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.



# Hot Lunch Menu



# MAY 2025

Monday	Tuesday	Wednesday			Friday
APRIL 28	APRIL 29	APRIL 30	MAY 1	MAY 2	
Chicken Corn Dog, Mashed Potatoes, & Carrots (Ketchup) Apple & 2nd Fruit 1% milk/choc milk***	Korean Bowl: Ground beef, Enriched White Rice & Broccoli Clementine & 2nd Fruit, 1% milk/choc milk***	Southwest Bowl Mexican Fajita Chicken, Enriched White Rice, Black Beans & Corn Salsa (Sour Cream) Orange & 2nd Fruit 1% milk/choc milk***	Chicken Tetrazzini Enriched Pasta, Broccoli Apple & 2nd Fruit, 1% milk/choc milk***	Pizza day!!! Pizza & Mixed Veggies, 1% milk/choc milk***	
5	6	7	8	9	
Chicken Nuggets, w/ Mashed Potatoes, WW Dinner Roll & Carrots (Ketchup) Apple & 2nd Fruit 1% milk/choc milk	Beef Meatballs, W.W. Penne Pasta w/ Marinara Sauce, & Broccoli, Clementine & 2nd Fruit 1% milk/choc milk	Brazilian Grilled Chicken, Brazilian Enriched White Rice, Pea, Corn, Carrots, Raisins, & Green Beans, Orange & 2nd Fruit 1% milk/choc milk	Dominican Chicken, Enriched Seasoning Rice, & Green Beans, Apple & 2nd Fruit 1% milk/choc milk	Pizza day!!! & Mixed Veggies, 1% milk/choc milk	
12	13	14	15	16	
Breakfast For Lunch!!! Pancakes, Tater Tots, Sausage & Carrots (Maple Syrup/Ranch) Apple & 2nd Fruit 1% milk/choc milk	Barbacoa Beef Taco, Cilantro Lime Brown Rice, Corn, Clementine & 2nd Fruit 1% milk/choc milk	Brazilian Grilled Chicken, Brazilian Enriched White Rice, (Pea, Corn, Carrots, Raisins), Green Beans Orange & 2nd Fruit 1% milk/choc milk	Teriyaki Chicken, Enriched White Rice & Broccoli Apple & 2nd Fruit 1% milk/choc milk	Beef Totchos (Tater Tots Nachos), W.W. Bread & Cheesy Green Peas, 1% milk/choc milk	
19	20	21	22	23	
Hot Dog Day!!!! Beef Sausage, W.W. Sub, Potato Tots, & Roasted Carrots, (Ketchup) Apple & 2nd Fruit, 1% milk/choc milk	Summer Roasted Chicken, Enriched W.W. Pasta & Broccoli, Clementine & 2nd Fruit 1% milk/choc milk	Turkey Fajitas Quesadilla, W.W. Tortilla, & Corn, Orange & 2nd Fruit 1% milk/choc milk	Dominican Chicken, Enriched Seasoning Rice, & Green Beans, Apple & 2nd Fruit 1% milk/choc milk	Pizza day!!! & Mixed Veggies, 1% milk/choc milk	
26	27	28	29	30	
Chicken Corn Dog, Mashed Potatoes, & Carrots (Ketchup) Apple & 2nd Fruit 1% milk/choc milk***	Beef Bolognese Lasagna, & Broccoli Clementine & 2nd Fruit, 1% milk/choc milk***	Southwest Bowl Mexican Fajita Chicken, Enriched White Rice, Black Beans & Corn Salsa (Sour Cream) Orange & 2nd Fruit 1% milk/choc milk***	Chicken Tetrazzini Enriched Pasta, Broccoli Apple & 2nd Fruit, 1% milk/choc milk***	Pizza day!!! & Mixed Veggies, 1% milk/choc milk***	

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# Cold Lunch



MA Y 2025

Monday	Tuesday	Wednesday	Friday
<p>APRIL 28</p> <p>DELI Turkey Sandwich, W.W. Bread, American Cheese, Baby Carrots, Ranch Dressing, Apple &amp; 2nd Fruit 1% milk/choc milk***</p> <p>5</p> <p>Farm Salad: Boiled Eggs, Lettuce, Tomato, Carrots, W.W. Dinner Roll, &amp; Italian Dressing, Apple &amp; 2nd Fruit 1% milk/choc milk***</p> <p>12</p> <p>Turkey Cuban Sandwich, W.W. Bread, Swiss Cheese, Pickles, Baby Carrots &amp; Pineapple, (Mayo) Apple &amp; 2nd Fruit 1% milk/choc milk***</p> <p>19</p> <p>Cobb Salad, Lettuce, Black Beans, Cucumber, Corn, W.W. Dinner Roll, Italian Dressing Apple &amp; 2nd Fruit 1% milk/choc milk***</p> <p>26</p> <p>DELI Turkey Sandwich, W.W. Bread, American Cheese, Baby Carrots, Ranch Dressing, Apple &amp; 2nd Fruit 1% milk/choc milk***</p>	<p>APRIL 29</p> <p>Smoke-Grilled BBQ Chicken Sandwich, W.W. Bun, Baby Carrots, Grapes, Ranch Dressing Clementine &amp; 2nd Fruit 1% milk/choc milk***</p> <p>6</p> <p>DELI Turkey Sandwich, W.W. Bread, American Cheese, Garden Salad, Ranch Dressing, Contains: Mayo Clementine &amp; 2nd Fruit, 1% milk/choc milk***.</p> <p>13</p> <p>Fiesta Salad: Boiled Eggs, Black Beans, Tomato, Carrots, Bell Peppers, Lettuce, W.W. Dinner Roll, &amp; 1000 Island Dressing. Clementine &amp; 2nd Fruit, 1% milk/choc milk***.</p> <p>20</p> <p>Grilled Chicken Salad, Apple, Broccoli Slaw, Carrots, Lettuce, Pumpkin Seed, W.W. Dinner Roll &amp; French Dressing. Clementine &amp; 2nd Fruit 1% milk/choc milk***</p> <p>27</p> <p>Smoke-Grilled BBQ Chicken Sandwich, W.W. Bun, Baby Carrots, Grapes, Ranch Dressing Clementine &amp; 2nd Fruit 1% milk/choc milk***</p>	<p>APRIL 30</p> <p>Farm Salad: Boiled Eggs, Lettuce, Tomato, Celery, Carrots, W.W. Dinner Roll, Italian Dressing, Orange &amp; 2nd Fruit 1% milk/choc milk***</p> <p>7</p> <p>Asian Chicken Salad Lettuce, Mandarin, Tomato, Parmesan Cheese, W.W. Dinner Roll, Asian dressing Orange &amp; 2nd Fruit 1% milk/choc milk***</p> <p>14</p> <p>Jerk Chicken Sandwich, W.W. Bun, Cabbage Slaw, Ranch Dressing, Orange &amp; 2nd Fruit 1% milk/choc milk***</p> <p>21</p> <p>Sunflower Butter &amp; Jelly Sandwich, W.W. Bread, Chickpea Salad, Ranch Dressing Orange &amp; 2nd Fruit 1% milk/choc milk***</p> <p>28</p> <p>Farm Salad: Boiled Eggs, Lettuce, Tomato, Celery, Carrots, W.W. Dinner Roll, Italian Dressing, Orange &amp; 2nd Fruit 1% milk/choc milk***</p>	<p>MAY 1</p> <p>Chicken Chipotle Wrap: Chicken, Lettuce, W.W. Tortilla, Baby Carrot, &amp; Ranch Dressing Apple &amp; 2nd Fruit 1% milk/choc milk***</p> <p>8</p> <p>Chicken Salad Sandwich, W.W. Bread, Garden Salad, Italian Dressing, Contains: Mayo Apple &amp; 2nd Fruit 1% milk/choc milk***</p> <p>15</p> <p>Taco Salad: Black Beans, Chickpea, Corn, Cherry Tomato, Lettuce, Cheese, W.W. Tortilla Chip, &amp; 1000 Island Dressing. Apple &amp; 2nd Fruit 1% milk/choc milk***</p> <p>22</p> <p>Chicken Caesar Salad: Grilled Chicken, Lettuce, Cherry Tomatoes, W.W. Dinner Roll, &amp; Caesar Dressing. Apple &amp; 2nd Fruit, 1% milk/choc milk***</p> <p>29</p> <p>Chicken Chipotle Wrap: Chicken, Lettuce, W.W. Tortilla, Baby Carrot, &amp; Ranch Dressing Apple &amp; 2nd Fruit 1% milk/choc milk***</p> <p>30</p> <p>Avocado Toast Sandwich w/ Turkey, &amp; Garden Salad. 1% milk/choc milk***</p>

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# Dairy Free Menu



# MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>APRIL 28</b>  Chicken Nuggets, Mashed Potatoes, Carrots (Ketchup) Apple & 2nd Fruit Dairy/Lactose-Free Milk  <b>5</b>	<b>APRIL 29</b>  Korean Bowl, Ground Beef, Enriched White Rice & Broccoli Clementine & 2nd Fruit, Dairy/Lactose-Free Milk  <b>6</b>	<b>APRIL 30</b>  Southwest bowl Mexican Fajita Chicken, Enriched White Rice, Black Beans & Corn Salsa (Sour cream) Orange & 2nd Fruit Dairy/Lactose-Free Milk  <b>7</b>	<b>MAY 1</b>  Chicken Marinara Enriched Pasta, Broccoli Apple & 2nd Fruit, Dairy/Lactose-Free Milk  <b>8</b>	<b>MAY 2</b>  Pizza day!!! Dairy/Lactose Free Cheese, & Mixed Veggies, Dairy/Lactose-Free Milk  <b>9</b>
Chicken Nuggets, w/ Mashed Potatoes, W.W. Dinner Roll & Carrots (Ketchup) Apple & 2nd Fruit Dairy/Lactose-Free Milk  <b>12</b>	Beef Meatballs, W.W. Penne Pasta w/ Marinara Sauce, & Broccoli, Clementine & 2nd Fruit Dairy/Lactose-Free Milk  <b>13</b>	Brazilian Grilled Chicken, Brazilian Enriched White Rice, Pea, Corn, Carrots, Raisins, & Green Beans, Orange & 2nd Fruit Dairy/Lactose-Free Milk  <b>14</b>	Dominican Chicken, Enriched Seasoning Rice, & Green Beans, Apple & 2nd Fruit Dairy/Lactose-Free Milk  <b>15</b>	Pizza day!!! Dairy/Lactose Free Cheese, & Mixed Veggies, Dairy/Lactose-Free Milk  <b>16</b>
Breakfast For Lunch!!! W.W. Bagel, Tater Tots, Sausage & Carrots (Maple Syrup/Ranch) Apple & 2nd Fruit Dairy/Lactose-Free Milk  <b>19</b>	Barbacoa Beef Taco, Cilantro Lime Brown Rice, Corn, Clementine & 2nd Fruit Dairy/Lactose-Free Milk  <b>20</b>	Brazilian Grilled Chicken, Brazilian Enriched White Rice, (Pea, Corn, Carrots, Raisins), Green Beans Orange & 2nd Fruit Dairy/Lactose-Free Milk  <b>21</b>	Teriyaki Chicken, Enriched White Rice & Broccoli Apple & 2nd Fruit Dairy/Lactose-Free Milk  <b>22</b>	Beef Totchos (Tater Tots Nachos), W.W. Bread, Vegan Cheesy Green Peas, Dairy/Lactose-Free Milk  <b>23</b>
Hot Dog Day!!!!!! Beef Sausage, W.W. Sub, Potato Tots, & Roasted Carrots, (Ketchup) Apple & 2nd Fruit, Dairy/Lactose-Free Milk  <b>26</b>	Summer Roasted Chicken, Enriched W.W. Pasta & Broccoli, Clementine & 2nd Fruit Dairy/Lactose-Free Milk  <b>27</b>	Turkey Fajitas Quesadilla, (Vegan Cheese) W.W. Tortilla, & Corn, Orange & 2nd Fruit Dairy/Lactose-Free Milk  <b>28</b>	Dominican Chicken, Enriched Seasoning Rice, & Green Beans, Apple & 2nd Fruit Dairy/Lactose-Free Milk  <b>29</b>	Pizza day!!! Dairy/Lactose Free Cheese, & Mixed Veggies, Dairy/Lactose-Free Milk  <b>30</b>
Chicken Nuggets, Mashed Potatoes, Carrots (Ketchup) Apple & 2nd Fruit Dairy/Lactose-Free Milk  <b>26</b>	Beef Bolognese Lasagna (Dairy Free Cheese), Broccoli Clementine & 2nd Fruit, Dairy/Lactose-Free Milk  <b>27</b>	Southwest bowl Mexican Fajita Chicken, Enriched White Rice, Black Beans & Corn Salsa (Sour cream) Orange & 2nd Fruit Dairy/Lactose-Free Milk  <b>28</b>	Chicken Marinara Enriched Pasta, Broccoli Apple & 2nd Fruit, Dairy/Lactose-Free Milk  <b>29</b>	Pizza day!!! Dairy/Lactose Free Cheese, & Mixed Veggies, Dairy/Lactose-Free Milk  <b>30</b>



# VEGETARIAN MENU



# MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
APRIL 28	APRIL 29	APRIL 30	MAY 1	MAY 2
Vegan Meatballs Mashed Potatoes w/ Gravy Carrots (Ketchup) Apple & 2nd Fruit 1% milk/choc milk***	Korean Bowl Vegan Ground Beef, Enriched White Rice, & Broccoli Clementine & 2nd Fruit, 1% milk/choc milk***	Southwest Bowl: Mexican Fajita Tofu, Enriched White Rice, Black beans & Corn Salsa (Sour cream) Orange & 2nd Fruit 1% milk/choc milk***	Vegan Chicken Tetrazzini Enriched Pasta, Broccoli Apple & 2nd Fruit, 1% milk/choc milk***	Pizza day!!! & Mixed Veggies, Enriched White Rice, 1% milk/choc milk***
5	6	7	8	9
Veggie Chicken Nuggets, Mashed Potatoes, W.W. Dinner Roll & Carrots, Apple & 2nd Fruit, 1% milk/choc milk***	W.W. Penne Pasta w/ Plant Base Meatball, Broccoli, Marinara Sauce, Clementine & 2nd Fruit 1% milk/choc milk***	Boiled Egg in Tomato Sauce, Brazilian Enriched Rice, Peas, Corn, Carrots, Raisins, & Green Beans, Orange & 2nd Fruit 1% milk/choc milk***	Baked Cheese Stick, Enriched Seasoning Rice, Green Beans, Apple & 2nd Fruit 1% milk/choc milk***	Pizza Day!!! Pita Dough, Vegan Cheese, Mixed Veggies, Clementine & 2nd Fruit 1% milk/choc milk***
12	13	14	15	16
Breakfast For Lunch!!! Pancakes w/ a Cheese Stick, Apple & 2nd Fruit 1% milk/choc milk***	Barbacoa Plant-Based Meatball, Cilantro lime Brown Rice, Corn, Clementine & 2nd Fruit 1% milk/choc milk***	Brazilian Grilled Tofu, Brazilian Enriched White Rice, (Pea, Corn, Carrots, Raisins), Green Beans, Orange & 2nd Fruit 1% milk/choc milk***	Teriyaki Vegan Chicken, Enriched White Rice, Broccoli, Apple & 2nd Fruit 1% milk/choc milk***	Vegan Beef Totchos (Tater Tots Nachos) W.W. Dinner Roll, Green Pea. Clementine & 2nd Fruit 1% milk/choc milk***
19	20	21	22	23
Hot Dog Day!!!! Vegan Sausage, W.W. Sub, Tater Tots, & Carrots, Apple & 2nd Fruit 1% milk/choc milk***	Boiled Hard Egg in Tomato Sauce, Enriched W.W. Pasta, Broccoli Clementine & 2nd Fruit 1% milk/choc milk***	Refried Beans & Cheese Quesadilla, W.W. Tortilla, Corn, Orange & 2nd Fruit 1% milk/choc milk***	Baked Cheese Stick, Enriched Seasoning Rice, Green Beans, Apple & 2nd Fruit 1% milk/choc milk***	Pizza Day!!! Pita Dough, Vegan Cheese, Mixed Veggies, Clementine & 2nd Fruit 1% milk/choc milk***
26	27	28	29	30
Vegan Meatballs Mashed Potatoes w/ Gravy Carrots (Ketchup) Apple & 2nd Fruit 1% milk/choc milk***	Vegan Beef Bolognese Lasagna & Broccoli Clementine & 2nd Fruit, 1% milk/choc milk***	Southwest Bowl: Mexican Fajita Tofu, Enriched White Rice, Black beans & Corn Salsa (Sour cream) Orange & 2nd Fruit 1% milk/choc milk***	Vegan Chicken Tetrazzini Enriched Pasta, Broccoli Apple & 2nd Fruit, 1% milk/choc milk***	Pizza day!!! & Mixed Veggies, Enriched White Rice, 1% milk/choc milk***

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# SPECIAL REQUESTS MENU



# MAY 2025

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,  
Enriched White Rice,  
Roasted carrots  
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\*\*\*

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**In order to meet nutrition regulations and requirements set by DESE, we're now limiting the number of meals substituted up to 2 times per week.**

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

