

# Spring Allergy Menu 2024

March / April / May



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	3/25, 4/22, 5/20	3/26, 4/23, 5/21	3/27, 4/24, 5/22	3/28, 4/25, 5/23	3/1, 3/29, 4/26, 5/24
	<b>Lunch</b> <ul style="list-style-type: none"> <li>• Roasted Chicken</li> <li>• Corn Flour Pasta</li> <li>• Green Beans &amp; Cauliflower</li> <li>• Fresh Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken In Salsa</li> <li>• Corn Tortillas</li> <li>• Vegan Cheese</li> <li>• Peas &amp; Carrots</li> <li>• Fresh Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Corn Flour Pasta</li> <li>• Diced Chicken</li> <li>• Broccoli &amp; Yellow Beans</li> <li>• Fresh Cantaloupe</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted Chicken</li> <li>• Corn Flour Noodles</li> <li>• 4 Veggie Blend</li> <li>• Fresh Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Quesadillas</li> <li>• Vegan Cheese</li> <li>• Green Beans</li> <li>• Diced Carrots</li> <li>• Fresh Fruit Salad</li> </ul>
Week 2	3/4, 4/1, 4/29, 5/27	3/5, 4/2, 4/30, 5/28	3/6, 4/3, 5/1, 5/29	3/7, 4/4, 5/2, 5/30	3/8, 4/5, 5/3, 5/31
	<b>Lunch</b> <ul style="list-style-type: none"> <li>• Mac N' Chicken</li> <li>• Vegan Cheese</li> <li>• Corn Flour Pasta</li> <li>• Broccoli &amp; Yellow Beans</li> <li>• Fresh Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Herbed Chicken</li> <li>• Brown Rice</li> <li>• Peas &amp; Carrots</li> <li>• Fresh Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Chicken</li> <li>• Brown Rice</li> <li>• Green Beans &amp; Cauliflower</li> <li>• Fresh Honeydew</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Breast</li> <li>• Corn Flour Pasta</li> <li>• 4 Veggie Blend</li> <li>• Fresh Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken In Salsa</li> <li>• Corn Tortillas</li> <li>• Green Beans</li> <li>• Diced Carrots</li> <li>• Fresh Fruit Salad</li> </ul>
Week 3	3/11, 4/8, 5/6	3/12, 4/9, 5/7	3/13, 4/10, 5/8	3/14, 4/11, 5/9	3/15, 4/12, 5/10
	<b>Lunch</b> <ul style="list-style-type: none"> <li>• Chicken &amp; Herbs</li> <li>• Corn Flour Noodles</li> <li>• Green Beans &amp; Cauliflower</li> <li>• Fresh Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Southwest Chicken White Rice Bowl</li> <li>• Peas &amp; Carrots</li> <li>• Fresh Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken In Salsa</li> <li>• Corn Tortillas</li> <li>• Broccoli &amp; Yellow Beans</li> <li>• Fresh Cantaloupe</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Fajitas</li> <li>• Corn Tortillas</li> <li>• 4 Veggie Blend</li> <li>• Fresh Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted Chicken</li> <li>• Brown Rice</li> <li>• Green Beans</li> <li>• Diced Carrots</li> <li>• Fresh Fruit Salad</li> </ul>
Week 4	3/18, 4/15, 5/13	3/19, 4/16, 5/14	3/20, 4/17, 5/15	3/21, 4/18, 5/16	3/22, 4/19, 5/17
	<b>Lunch</b> <ul style="list-style-type: none"> <li>• Vegetarian Burrito Bowl</li> <li>• Corn Tortillas</li> <li>• Broccoli &amp; Yellow Beans</li> <li>• Fresh Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Breast</li> <li>• Corn Tortillas</li> <li>• Green Beans &amp; Cauliflower</li> <li>• Fresh Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Chicken</li> <li>• Corn Flour Pasta</li> <li>• Peas &amp; Carrots</li> <li>• Fresh Honeydew</li> </ul>	<ul style="list-style-type: none"> <li>• Stir-Fry Chicken</li> <li>• Brown Rice</li> <li>• 4 Veggie Blend</li> <li>• Fresh Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Corn Flour Pasta</li> <li>• Roasted Chicken</li> <li>• Green Beans</li> <li>• Diced Carrots</li> <li>• Fresh Fruit Salad</li> </ul>