





* = Vitamin C source

___ = Vitamin A source

All meals served with low-fat milk and fruit.

4-WEEK FRESH 323 MEAL CYCLE (ALLERGEN MENU) July 3rd- September 30th, 2023			
WEEK 1	WEEK 2	WEEK 3	WEEK 4
MEAL 1	HIGH		
Chicken Salad Sandwich (E) w/Lettuce, Tomato, Onion Whole Wheat Bread x2 (W,S) * Coleslaw (E) <u>Apricots</u>	 Chicken Caesar Whole Grain Wrap (W,S,M) Caesar Dressing (E,F,S,M) * Apple Cranberry Coleslaw <u>Baby Carrots</u>	Cottage Cheese (M) and * Tropical Fruit Plate <u>Carrot Slaw</u> (E)	Tuna Salad Sandwich (E,F) w/Lettuce, Tomato, Onion Whole Wheat Bread (W,S) Marinated Beets & Onions * Mandarin Oranges
MEAL 2			
 Seafood Louie Salad w/Mock Crab (F,E,S,SF) * Tomato-Cucumber Salad Whole Wheat Roll (S,W) Thousand Island Dressing (E)	Chicken Quinoa Salad w/Chicken, Quinoa, & Lettuce * Marinated Broccoli Salad (F,S)	 Low Sodium Ham & Cheese (M) Sandwich w/Lettuce, Tomato, and Onion Mustard, Mayonnaise (E) Whole Wheat Bread x 2 (W,S) * Bayou Coleslaw (E) <u>Apricots</u>	 BBQ Chicken Salad w/Chicken, Corn, Black Beans, and Lettuce Ranch Dressing (E,M) <u>Carrot Raisin Salad</u> (E) * Citrus Fruit

Top 9 Allergens (Key)

- Milk (M)
- Egg (E)
- Wheat (W)
- Peanut (P)
- Tree Nut (T)
- Soy (S)
- Fish (F)
- Shellfish (SF)
- Sesame (SE)

Allergen Disclaimer:

This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.