

JANUARY 2024

ADSS NUTRITION PROGRAM ALLERGEN MENU

WINTER FY24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CENTERS CLOSED	2 <u>Menu 2</u> Chicken and Rice Casserole – milk, soy, wheat Whole Kernel Corn – milk, soy Herbed Green Beans – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk) Oreo Cookies – soy, wheat	3 <u>Menu 3</u> Hot Dog Bun - wheat, soy, sesame (may contain milk and tree nuts) White Lima Beans – milk, soy Okra and Tomatoes – fish, milk, soy Mayonnaise - eggs	4 <u>Menu 4</u> Smothered Chicken - milk Au Gratin Potatoes – milk, soy Cornbread – eggs, milk, soy, wheat Strawberry Swirl Pudding - milk	5 <u>Menu 5</u> Lasagna Casserole – milk, wheat Green Peas – milk, soy Texas Bread – soy, wheat (may contain milk) White Cake – eggs, milk, soy, wheat Ranch Dressing – eggs, milk
8 <u>Menu 6</u> Glazed Carrots – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk) Fig Bar – eggs, milk, soy, wheat	9 <u>Menu 7</u> Meatballs/Marinara Sauce – milk, soy, wheat Sliced Cheese – milk, soy Whole Grain White Hot Dog Bun – wheat, soy, sesame (may contain milk) Alfredo Pasta – milk, wheat (may contain soy) Garden Vegetable Blend – milk, soy Chocolate Cake – eggs, milk, soy, wheat	10 <u>Menu 8</u> Ranch Beans – milk, soy Mexican Corn – milk, soy Flour Tortilla - wheat	11 <u>Menu 9</u> Hot Dog Bun – sesame, soy, wheat (may contain milk and tree nuts) Coleslaw - egg Peach Cobbler – milk, soy, wheat	12 <u>Menu 10</u> Sliced Turkey/Gravy – eggs, milk, soy Whipped Potatoes – milk, soy Cornbread – eggs, milk, soy, wheat Marble Pudding - milk
15 CENTERS CLOSED	16 <u>Menu 12</u> Chicken/Sausage Jambalaya – milk, soy Country Corn – milk, soy Whole Wheat Bread - wheat, soy, sesame (may contain milk and tree nuts) Banana Moon Pie – eggs, milk, soy, wheat	17 <u>Menu 13</u> Western Omelet – eggs, milk Hashbrown Casserole - milk Hot Spiced Apples – milk, soy Biscuit – milk, wheat Bran Flakes Cereal - wheat	18 <u>Menu 14</u> Tuscan Chicken Breast - milk Green Peas – milk, soy California Vegetables – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk)	19 <u>Menu 15</u> Potato Salad - egg Hamburger Bun – wheat, soy, sesame (may contain milk and tree nuts) Mixed Fruit Cobbler – milk, soy, wheat Mayonnaise - eggs
22 <u>Menu 16</u> Buttered Rice – milk, soy Broccoli w/Cheese - milk Saltine Crackers – soy, wheat Chocolate Cake – eggs, milk, soy, wheat	23 <u>Menu 17</u> Swiss Steak – milk, soy, wheat Country Potatoes – milk, soy Brussels Sprouts – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk) Oatmeal Crème Pie – eggs, milk, soy, wheat	24 <u>Menu 18</u> Mozzarella Chicken - milk Whole Grain Penne w/Tomatoes - wheat Summer Vegetables – milk, soy Texas Bread – soy, wheat (may contain milk) Shortbread Cookies – soy, wheat Ranch Dressing – eggs, milk	25 <u>Menu 19</u> BBQ Rib Patty - soy Coleslaw - egg Hamburger Bun – wheat, soy, sesame (may contain milk and tree nuts) Fudge Round – eggs, milk, soy, wheat, peanuts, tree nuts	26 <u>Menu 20</u> Cheese - milk Pinto Beans – milk, soy Sour Cream - milk
29 <u>Menu 1</u> Meatloaf/Brown Gravy – eggs, milk, soy, wheat Ranch Potatoes – milk, soy Spring Vegetable Blend – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk)	30 <u>Menu 2</u> Chicken and Rice Casserole – milk, soy, wheat Whole Kernel Corn – milk, soy Herbed Green Beans – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk) Oreo Cookies – soy, wheat	31 <u>Menu 3</u> Hot Dog Bun - wheat, soy, sesame (may contain milk and tree nuts) White Lima Beans – milk, soy Okra and Tomatoes – fish, milk, soy Mayonnaise - eggs		Milk is served with every meal. Allergen in milk is milk.

FEBRUARY 2024

ADSS NUTRITION PROGRAM ALLERGEN MENU

WINTER FY24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <u>Menu 4</u> Smothered Chicken - milk Au Gratin Potatoes – milk, soy Cornbread – eggs, milk, soy, wheat Strawberry Swirl Pudding - milk	2 <u>Menu 5</u> Lasagna Casserole – milk, wheat Green Peas – milk, soy Texas Bread – soy, wheat (may contain milk) White Cake – eggs, milk, soy, wheat Ranch Dressing – eggs, milk
5 <u>Menu 6</u> Glazed Carrots – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk) Fig Bar – eggs, milk, soy, wheat	6 <u>Menu 7</u> Meatballs/Marinara Sauce – milk, soy, wheat Sliced Cheese – milk, soy Whole Grain White Hot Dog Bun – wheat, soy, sesame (may contain milk) Alfredo Pasta – milk, wheat (may contain soy) Garden Vegetable Blend – milk, soy Chocolate Cake – eggs, milk, soy, wheat	7 <u>Menu 8</u> Ranch Beans – milk, soy Mexican Corn – milk, soy Flour Tortilla - wheat	8 <u>Menu 9</u> Hot Dog Bun – sesame, soy, wheat (may contain milk and tree nuts) Coleslaw - egg Peach Cobbler – milk, soy, wheat	9 <u>Menu 10</u> Sliced Turkey/Gravy – eggs, milk, soy Whipped Potatoes – milk, soy Cornbread – eggs, milk, soy, wheat Marble Pudding - milk
12 <u>Menu 11</u> Beef Noodle Casserole – eggs, milk, wheat Herbed Green Beans – milk, soy Rutabagas/Red Peppers – milk, soy Whole Wheat Bread - wheat, soy, sesame (may contain milk and tree nuts) Yellow Cake – eggs, milk, soy, wheat	13 <u>Menu 12</u> Chicken/Sausage Jambalaya – milk, soy Country Corn – milk, soy Whole Wheat Bread - wheat, soy, sesame (may contain milk and tree nuts) Banana Moon Pie – eggs, milk, soy, wheat	14 <u>Menu 13</u> Western Omelet – eggs, milk Hashbrown Casserole - milk Hot Spiced Apples – milk, soy Biscuit – milk, wheat Bran Flakes Cereal - wheat	15 <u>Menu 14</u> Tuscan Chicken Breast - milk Green Peas – milk, soy California Vegetables – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk)	16 <u>Menu 15</u> Potato Salad - egg Hamburger Bun – wheat, soy, sesame (may contain milk and tree nuts) Mixed Fruit Cobbler – milk, soy, wheat Mayonnaise - eggs
19 CENTERS CLOSED	20 <u>Menu 17</u> Swiss Steak – milk, soy, wheat Country Potatoes – milk, soy Brussels Sprouts – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk) Oatmeal Crème Pie – eggs, milk, soy, wheat	21 <u>Menu 18</u> Mozzarella Chicken - milk Whole Grain Penne w/Tomatoes - wheat Summer Vegetables – milk, soy Texas Bread – soy, wheat (may contain milk) Shortbread Cookies – soy, wheat Ranch Dressing – eggs, milk	22 <u>Menu 19</u> BBQ Rib Patty - soy Coleslaw - egg Hamburger Bun – wheat, soy, sesame (may contain milk and tree nuts) Fudge Round – eggs, milk, soy, wheat, peanuts, tree nuts	23 <u>Menu 20</u> Cheese - milk Pinto Beans – milk, soy Sour Cream - milk
26 <u>Menu 1</u> Meatloaf/Brown Gravy – eggs, milk, soy, wheat Ranch Potatoes – milk, soy Spring Vegetable Blend – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk)	27 <u>Menu 2</u> Chicken and Rice Casserole – milk, soy, wheat Whole Kernel Corn – milk, soy Herbed Green Beans – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk) Oreo Cookies – soy, wheat	28 <u>Menu 3</u> Hot Dog Bun - wheat, soy, sesame (may contain milk and tree nuts) White Lima Beans – milk, soy Okra and Tomatoes – fish, milk, soy Mayonnaise - eggs	29 <u>Menu 4</u> Smothered Chicken - milk Au Gratin Potatoes – milk, soy Cornbread – eggs, milk, soy, wheat Strawberry Swirl Pudding - milk	Milk is served with every meal. Allergen in milk is milk.

MARCH 2024

ADSS NUTRITION PROGRAM ALLERGEN MENU

WINTER FY24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk is served with every meal. Allergen in milk is milk.				1 <u>Menu 5</u> Lasagna Casserole – milk, wheat Green Peas – milk, soy Texas Bread – soy, wheat (may contain milk) White Cake – eggs, milk, soy, wheat Ranch Dressing – eggs, milk
4 <u>Menu 6</u> Glazed Carrots – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk) Fig Bar – eggs, milk, soy, wheat	5 <u>Menu 7</u> Meatballs/Marinara Sauce – milk, soy, wheat Sliced Cheese – milk, soy Whole Grain White Hot Dog Bun – wheat, soy, sesame (may contain milk) Alfredo Pasta – milk, wheat (may contain soy) Garden Vegetable Blend – milk, soy Chocolate Cake – eggs, milk, soy, wheat	6 <u>Menu 8</u> Ranch Beans – milk, soy Mexican Corn – milk, soy Flour Tortilla - wheat	7 <u>Menu 9</u> Hot Dog Bun – sesame, soy, wheat (may contain milk and tree nuts) Coleslaw - egg Peach Cobbler – milk, soy, wheat	8 <u>Menu 10</u> Sliced Turkey/Gravy – eggs, milk, soy Whipped Potatoes – milk, soy Cornbread – eggs, milk, soy, wheat Marble Pudding - milk
11 <u>Menu 11</u> Beef Noodle Casserole – eggs, milk, wheat Herbed Green Beans – milk, soy Rutabagas/Red Peppers – milk, soy Whole Wheat Bread - wheat, soy, sesame (may contain milk and tree nuts) Yellow Cake – eggs, milk, soy, wheat	12 <u>Menu 12</u> Chicken/Sausage Jambalaya – milk, soy Country Corn – milk, soy Whole Wheat Bread - wheat, soy, sesame (may contain milk and tree nuts) Banana Moon Pie – eggs, milk, soy, wheat	13 <u>Menu 13</u> Western Omelet – eggs, milk Hashbrown Casserole - milk Hot Spiced Apples – milk, soy Biscuit – milk, wheat Bran Flakes Cereal - wheat	14 <u>Menu 14</u> Tuscan Chicken Breast - milk Green Peas – milk, soy California Vegetables – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk)	15 <u>Menu 15</u> Potato Salad - egg Hamburger Bun – wheat, soy, sesame (may contain milk and tree nuts) Mixed Fruit Cobbler – milk, soy, wheat Mayonnaise - eggs
18 <u>Menu 16</u> Buttered Rice – milk, soy Broccoli w/Cheese - milk Saltine Crackers – soy, wheat Chocolate Cake – eggs, milk, soy, wheat	19 <u>Menu 17</u> Swiss Steak – milk, soy, wheat Country Potatoes – milk, soy Brussels Sprouts – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk) Oatmeal Crème Pie – eggs, milk, soy, wheat	20 <u>Menu 18</u> Mozzarella Chicken - milk Whole Grain Penne w/Tomatoes - wheat Summer Vegetables – milk, soy Texas Bread – soy, wheat (may contain milk) Shortbread Cookies – soy, wheat Ranch Dressing – eggs, milk	21 <u>Menu 19</u> BBQ Rib Patty - soy Coleslaw - egg Hamburger Bun – wheat, soy, sesame (may contain milk and tree nuts) Fudge Round – eggs, milk, soy, wheat, peanuts, tree nuts	22 <u>Menu 20</u> Cheese - milk Pinto Beans – milk, soy Sour Cream - milk
25 <u>Menu 1</u> Meatloaf/Brown Gravy – eggs, milk, soy, wheat Ranch Potatoes – milk, soy Spring Vegetable Blend – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk)	26 <u>Menu 2</u> Chicken and Rice Casserole – milk, soy, wheat Whole Kernel Corn – milk, soy Herbed Green Beans – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk) Oreo Cookies – soy, wheat	27 <u>Menu 3</u> Hot Dog Bun - wheat, soy, sesame (may contain milk and tree nuts) White Lima Beans – milk, soy Okra and Tomatoes – fish, milk, soy Mayonnaise - eggs	28 <u>Theme Menu</u> Au Gratin Potatoes – milk, soy Peas and Carrots – milk, soy Whole Grain White Roll – wheat, soy, sesame (may contain milk) Iced Chocolate Cake – eggs, milk, soy, wheat	29 <p>CENTERS CLOSED</p>