

MAY 2026

TASTY	HEALTHY	FUN	VARIETY	BALANCED
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Name of the menu : K-8 Grades Allergen Free Lunch Menu	Options : Hot Meals
Grade : K-8 Grades	Meal Pattern : NSLP Meal : Lunch

NO DAIRY NO GLUTEN (NO WHEAT) NO EGG NO SOY NO FISH	NO SHELL FISH NO SESAME (SEEDS & OIL) NO PEANUTS NO TREE NUTS NO SUNFLOWER (SEEDS, OIL & BUTTER)
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Week IV HOT MEAL	Friday, 5/1/2026
Beef Taco Meat Over Rice	
Serve Seasoned Beef on Brown Rice	
Steamed Black Beans & Corn	
Fruit of the Day & Corn Chips	
Milk Substitute	

	Monday, 5/4/2026	Tuesday, 5/5/2026	Wednesday, 5/6/2026	Thursday, 5/7/2026	Friday, 5/8/2026
Week V HOT MEAL	Chicken Supreme Steamed Rice Steamed Green Beans Fruit of the Day Milk Substitute	Beef Nachos Taco Beef & Golden Corn Chips Black Bean & Corn Fruit of the Day Milk Substitute	Marinated Grilled Chicken Fillet Brown Rice Fresh Baby Carrots Fruit of the Day Milk Substitute	Chicken Pilaf Crisp Broccoli Fruit of the Day Milk Substitute	Beef & Potatoes Steamed Rice Steamed Peas Fruit of the Day Milk Substitute

	Monday, 5/11/2026	Tuesday, 5/12/2026	Wednesday, 5/13/2026	Thursday, 5/14/2026	Friday, 5/15/2026
Week VI HOT MEAL	Chicken Fried Rice Steamed Broccoli Fruit of the Day Milk Substitute	Beef & Broccoli Brown Rice Steamed Corn Fruit of the Day Milk Substitute	Chicken Fajita w/Rice Seasoned Chicken & Peppers Served w/ Brown Rice Black Beans Fruit of the Day & Milk Substitute	Beef Meatballs Brown Rice Steamed Carrots & Peas Fruit of the Day Corn Chips & Milk Substitute	Chicken & Potatoes Steamed Rice Fresh Carrot Slims Fruit of the Day Milk Substitute

	Monday, 5/18/2026	Tuesday, 5/19/2026	Wednesday, 5/20/2026	Thursday, 5/21/2026	Friday, 5/22/2026
Week I HOT MEAL	Yummy Beef & Scallion Golden Corn Chips Black Bean & Fresh Carrots Fruit of the Day Milk Substitute	Chicken Sukkhar Steamed Rice Steamed Green Beans Fruit of the Day Milk Substitute	Beef Fried Rice Fresh Broccoli Fruit of the Day Milk Substitute	Spice Rubbed Chicken Fillet Steamed Rice Baby Carrots Fruit of the Day Milk Substitute	Beef Taco Meat Over Rice Serve Seasoned Beef on Brown Rice Steamed Black Beans & Corn Fruit of the Day & Corn Chips Milk Substitute

	Monday, 5/25/2026	Tuesday, 5/26/2026	Wednesday, 5/27/2026	Thursday, 5/28/2026	Friday, 5/29/2026
Week II HOT MEAL	Chicken Supreme Steamed Rice Steamed Green Beans Fruit of the Day Milk Substitute	Beef Nachos Taco Beef & Golden Corn Chips Black Bean & Corn Fruit of the Day Milk Substitute	Marinated Grilled Chicken Fillet Brown Rice Fresh Baby Carrots Fruit of the Day Milk Substitute	Chicken Pilaf Crisp Broccoli Fruit of the Day Milk Substitute	Beef & Potatoes Steamed Rice Steamed Peas Fruit of the Day Milk Substitute

Milk / Milk Substitute offered daily. Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants) etc.
 This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.



WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change) JUNE 2026

		TASTY	HEALTHY	FUN	VARIETY	BALANCED
		Monday, 6/1/2026	Tuesday, 6/2/2026	Wednesday, 6/3/2026	Thursday, 6/4/2026	Friday, 6/5/2026
Week III HOT MEAL	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes	
	Steamed Broccoli	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice	
	Fruit of the Day	Steamed Corn	Served w/ Brown Rice	Steamed Carrots & Peas	Fresh Carrot Slims	
	Milk Substitute	Fruit of the Day	Black Beans	Fruit of the Day	Fruit of the Day	
		Milk Substitute	Fruit of the Day & Milk Substitute	Corn Chips & Milk Substitute	Milk Substitute	
Week IV HOT MEAL	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet		
	Golden Corn Chips	Steamed Rice	Fresh Broccoli	Steamed Rice		
	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Baby Carrots		
	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day		
		Milk Substitute		Milk Substitute		