NOVEMBER 2026

TASTY | HEALTHY | FUN | VARIETY | BALANCED

Name of the menu : K-8 Grades Allergen Free Lunch Menu

Options : Hot Meals

Grade : K-8 Grades

Meal Pattern : NSLP

Meal : Lunch

THIS MENU ELIMINATES ALL BIG 9 ALLERGENS.

NO DAIRY, NO WHEAT, NO EGG, NO SOY, NO FISH, NO SHELL FISH, NO SESAME (SEEDS & OIL), NO PEANUTS, NO TREE NUTS

	Monday, 11/2/2026	Tuesday, 11/3/2026	Wednesday, 11/4/2026	Thursday, 11/5/2026	Friday, 11/6/2026
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, 11/9/2026	Tuesday, 11/10/2026	Wednesday, 11/11/2026	Thursday, 11/12/2026	Friday, 11/13/2026
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
	Monday, 11/16/2026	Tuesday, 11/17/2026	Wednesday, 11/18/2026	Thursday, 11/19/2026	Friday, 11/20/2026
Week III HOT MEALS	**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, 11/23/2026	Tuesday, 11/24/2026	Wednesday, 11/25/2026	Thursday, 11/26/2026	Friday, 11/27/2026
Week IV HOT MEALS	**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, 11/30/2026				
Week V HOT MEALS	**Chicken Supreme** Steamed Rice Steamed Green Beans 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.

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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)

DECEMBER 2026

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		Tuesday, 12/1/2026	Wednesday, 12/2/2026	Thursday, 12/3/2026	Friday, 12/4/2026
Week V	HOT MEAL	**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, 12/7/2026	Tuesday, 12/8/2026	Wednesday, 12/9/2026	Thursday, 12/10/2026	Friday, 12/11/2026
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

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Menu is subject to infrequent changes