



## Breakfast\*

- Milk   
  Kix   
  Rice Krispies   
  Special K   
  Raisin Bran  
 \*Based on stock and availability (Toddlers & preschoolers only)

## Lunch

|                  |  | ENTRÉE INGREDIENTS   | ALLERGENS  |
|------------------|--|--|--|
| <b>MONDAY</b>    |  <p><b>GRILLED BBQ CHICKEN</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Jasmine Rice</li> <li><input type="radio"/> Mixed Vegetables</li> <li><input type="radio"/> Wheat Roll</li> <li><input type="radio"/> Milk</li> </ul> | Chicken thighs, BBQ Sauce (tomato, vinegar, molasses and sugar) Jasmine rice and mixed frozen vegetables.              | Soy, Dairy & Wheat<br>        |
| <b>TUESDAY</b>   |  <p><b>PIZZA</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Mixed Vegetables</li> <li><input type="radio"/> Pizza Crust</li> <li><input type="radio"/> Milk</li> </ul>  | Flour, Pizza sauce, Mozzarella cheese, spices and mixed frozen vegetables.   | Soy, Dairy, Wheat & Egg<br>   |
| <b>WEDNESDAY</b> |  <p><b>ARROZ AMARILLO CON POLLO W/ VEGETABLES</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Mixed Vegetables</li> <li><input type="radio"/> Wheat Roll</li> <li><input type="radio"/> Milk</li> </ul>                         | Chicken thighs, Adobo seasoning (lightly salted, black pepper, garlic, oregano and other spices), Jasmine rice.        | Dairy & Wheat<br>            |
| <b>THURSDAY</b>  |  <p><b>CHICKEN PARMESAN</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Mixed Vegetables</li> <li><input type="radio"/> Wheat Roll</li> <li><input type="radio"/> Milk</li> </ul>  | Chicken patty (white meat chicken, breadcrumbs, egg and spices) pizza sauce, mozzarella cheese and frozen green beans. | Soy, Dairy, Wheat & Egg<br> |
| <b>FRIDAY</b>    |  <p><b>MAC AND CHEESE WITH CHICKEN AND BROCCOLI</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Wheat Roll</li> <li><input type="radio"/> Milk</li> </ul> <p><i>(Vegetable cannot be separated from Entrée (mixed))</i></p>    | Cheese sauce (Cheddar cheese, milk, lightly salted and pepper) and elbow noodles, frozen broccoli.                     | Soy, Dairy & Wheat<br>      |

## Lunch Desserts & Afternoon Snack options\*

- Applesauce   
  Yogurt   
  Water  
 Sliced Peaches   
  Mixed Fruit

\*Based on stock and availability

### ADDITIONAL MENU NOTIFICATIONS

Whole Grain Snacks are often used to supplement Fruit, Applesauce and Yogurt menu items for children. Items can include: Goldfish Crackers, Cheezits, Goldfish Graham Crackers, Teddy Grahams. (Varied Availability).

Dear Parents,

All vendor kitchens are certified through the City of Boston's Allergen Awareness Program. No peanut oil or tree nuts are used in the preparation of any of our lunch items. While our centers endeavor to create a nut free environment for your children, meals are prepared in a kitchen that use tree nuts in "outside menu" items. Therefore, TARTTs cannot guarantee the above menu items are 100% nut free. Please inform us of any Allergies.