

## Breakfast\*

- Milk    Kix    Rice Krispies    Special K    Raisin Bran

\*Based on stock and availability

(Toddlers & preschoolers only)

## Lunch

### ENTRÉE INGREDIENTS

### ALLERGENS

### MONDAY



#### GRILLED BBQ CHICKEN

- Jasmine Rice
- Mixed Vegetables
- Wheat Roll
- Milk

Chicken thighs, BBQ Sauce (tomato, vinegar, molasses and sugar) Jasmine rice and mixed frozen vegetables.

Soy, Dairy & Wheat



### TUESDAY



#### PIZZA

- Mixed Vegetables
- Pizza Crust
- Milk

Flour, Pizza sauce, Mozzarella cheese, spices and mixed frozen vegetables.

Soy, Dairy, Wheat & Egg



### WEDNESDAY



#### ARROZ AMARILLO CON POLLO W/ VEGETABLES

- Mixed Vegetables
- Wheat Roll
- Milk

Chicken thighs, Adobo seasoning (lightly salted, black pepper, garlic, oregano and other spices), Jasmine rice.

Dairy & Wheat



### THURSDAY



#### CHICKEN PARMESAN

- Mixed Vegetables
- Wheat Roll
- Milk

Chicken patty (white meat chicken, breadcrumbs, egg and spices) pizza sauce, mozzarella cheese and frozen green beans.

Soy, Dairy, Wheat & Egg



### FRIDAY



#### MAC AND CHEESE WITH CHICKEN AND BROCCOLI

- Wheat Roll
- Milk

Cheese sauce (Cheddar cheese, milk, lightly salted and pepper) and elbow noodles, frozen broccoli.

Soy, Dairy & Wheat



(Vegetable cannot be separated from Entrée (mixed))

## 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.