

Breakfast*

- Milk Kix Rice Krispies Special K Raisin Bran

*Based on stock and availability

(Toddlers & preschoolers only)

Lunch

ENTRÉE INGREDIENTS

ALLERGENS

MONDAY



VEGETABLE LASAGNA

- Green Beans
- Wheat Roll
- Milk

Lasagna noodles (wheat, water, Light salt oil) Ricotta cheese, frozen mixed vegetables, tomato sauce.

Soy, Dairy, Wheat & Egg



TUESDAY



CHICKEN BROCCOLI ZITI

- Wheat Roll
- Milk

(Vegetable cannot be separated from Entrée (mixed))

Chicken thighs, cream, milk, butter, lightly salted, black pepper, garlic, oregano and other spices) Ziti pasta (wheat, water, salt oil)

Soy, Dairy & Wheat



WEDNESDAY



BEEF CHILE CON CARNE

- Jasmine Rice
- Mixed Vegetables
- Wheat Roll
- Milk

Ground beef, red beans, chili powder, Jasmine rice.

Dairy & Wheat



THURSDAY



CHICKEN NUGGETS

- Vegetable Rice Pilaf
- Wheat Roll
- Milk

Breaded white meat chicken (flour, water, lightly salted, oil) nuggets, Jasmine rice, chicken broth, garlic, onion, and frozen mixed vegetables.

Soy, Dairy, Wheat & Egg



FRIDAY



BEEF RAGU SAUCE WITH PENNE PASTA

- Green Beans
- Wheat Roll
- Milk

Tomato sauce, tomato paste, oregano, pepper, garlic, onion and ground beef, penne pasta (flour, water, light salt, oil)

Soy, Dairy & Wheat



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.