

## Breakfast\*

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

## Lunch

		ENTRÉE INGREDIENTS	ALLERGENS
<b>MONDAY</b>	 VEGETABLE LASAGNA <input type="radio"/> Green Beans <input type="radio"/> Wheat Roll <input type="radio"/> Milk	Lasagna noodles (wheat, water, Light salt oil) Ricotta cheese, frozen mixed vegetables, tomato sauce.	Soy, Dairy, Wheat & Egg 
<b>TUESDAY</b>	 CHICKEN BROCCOLI ZITI <input type="radio"/> Wheat Roll <input type="radio"/> Milk <i>(Vegetable cannot be separated from Entrée (mixed))</i>	Chicken thighs, cream, milk, butter, lightly salted, black pepper, garlic, oregano and other spices) Ziti pasta (wheat, water, salt oil)	Soy, Dairy & Wheat 
<b>WEDNESDAY</b>	 BEEF CHILE CON CARNE <input type="radio"/> Jasmine Rice <input type="radio"/> Mixed Vegetables <input type="radio"/> Wheat Roll <input type="radio"/> Milk	Ground beef, red beans, chili powder, Jasmine rice.	Dairy & Wheat 
<b>THURSDAY</b>	 CHICKEN NUGGETS <input type="radio"/> Vegetable Rice Pilaf <input type="radio"/> Wheat Roll <input type="radio"/> 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 
<b>FRIDAY</b>	 BEEF RAGU SAUCE WITH PENNE PASTA <input type="radio"/> Green Beans <input type="radio"/> Wheat Roll <input type="radio"/> Milk	Tomato sauce, tomato paste, oregano, pepper, garlic, onion and ground beef, penne pasta (flour, water, light salt, oil)	Soy & Dairy 

## Lunch Desserts & Afternoon Snack options\*

- Applesauce   
  Yogurt   
  Water  
 Sliced Peaches   
  Mixed Fruit

\*Based on stock and 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.

### 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).