



JANUARY 2024 ALLERGEN FREE MENU

2023-2024 Meal Prices:

Paid Elementary Breakfast: \$1.00 // Paid Elementary Lunch: \$2.25

Paid Secondary Breakfast: \$1.25 // Paid Secondary Lunch: \$2.50

Reduced Student Breakfast: FREE // Reduced Student Lunch: \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL	5 NO SCHOOL
8 Beef Nachos w/ Baked! Tostito Scoops Pinto Beans Baby Carrots Apple Slices Milk/Soymilk	9 Orange Chicken Bowl Mixed Vegetables Tossed Salad w/ Vinaigrette Orange Smiles Milk/Soymilk	10 Rice & Bean Baby Carrots Tostito Chips Sliced Peaches Milk/Soymilk	11 Hamburger Baby Carrots Green Beans Orange Smiles Milk/Soymilk	12 Southwest Salad Tostito Chips Apple Slices Milk/Soymilk
15 NO SCHOOL	16 BBQ Chicken Bowl Green Beans Tossed Salad w/ Vinaigrette Pineapple Milk/Soymilk	17 Rice & Bean Baby Carrots Tostito Chips Sliced Peaches Milk/Soymilk	18 Hotdog Mixed Vegetables Baby Carrots Pineapple Milk/Soymilk	19 Southwest Salad Tostito Chips Apple Slices Milk/Soymilk
22 Beef Nachos w/ Baked! Tostito Scoops Pinto Beans Baby Carrots Apple Slices Milk/Soymilk	23 Orange Chicken Bowl Mixed Vegetables Tossed Salad w/ Vinaigrette Orange Smiles Milk/Soymilk	24 Rice & Bean Baby Carrots Tostito Chips Sliced Peaches Milk/Soymilk	25 Hamburger Baby Carrots Green Beans Orange Smiles Milk/Soymilk	26 Southwest Salad Tostito Chips Apple Slices Milk/Soymilk
29 Fajita Bowl Whole Kernal Corn Tossed Salad w/ Vinaigrette Orange Smiles Milk/Soymilk	30 BBQ Chicken Bowl Green Beans Tossed Salad w/ Vinaigrette Pineapple Milk/Soymilk	31 Rice & Bean Baby Carrots Tostito Chips Sliced Peaches Milk/Soymilk	1 Hotdog Mixed Vegetables Baby Carrots Pineapple Milk/Soymilk	2 Southwest Salad Tostito Chips Apple Slices Milk/Soymilk

Allergen Free Standard Breakfast: 2 Rice Chex Cereals, served with choice of fruit/juice and type of milk if appropriate.

All foods are intended to be free of Gluten, Milk, Egg, Nuts, Soy, Wheat, Fish, Shellfish and Sesame.* These meals will not be provided unless a Student Diet Modification form signed by a licensed physician is on file. Milk type will be provided based on allergy. Cypress Fairbanks ISD Food Service will make every effort to prevent the allergen of concern into the food through close attention during our purchasing, receiving, preparation and handling processes. We cannot guarantee that all meals are completely free of any trace amounts of allergens. We do not have separate kitchens to prepare allergen-free items, but every effort is made to thoroughly wash and sanitize equipment and preparation areas. In addition, companies may change formulas of food items and may not alert us of the change in a timely manner. It is up to the individual discretion of the parent/guardian working with their physician to determine whether our allergen meals are a safe choice for their child. Ingredient lists and food labels are available upon request. If you have any concerns about the sensitivity of your child's food allergy, please contact the Nutrition Services dietitian at 281-897-4545.

Menus are Subject to Change

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's

TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov This institution is an equal opportunity provider.

Menus are subject to change without notice due to price and availability of food