

## ALLERGEN FREE MENU

### January 2024

#### 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

#### LUNCH CALENDAR

JAN. 1

- NO SCHOOL

JAN. 2

- NO SCHOOL

JAN. 3

- NO SCHOOL

JAN. 4

- NO SCHOOL

JAN. 5

- NO SCHOOL

JAN. 8

- Beef Nachos (no cheese)

JAN. 9

- Orange Chicken Bowl

JAN. 10

- Rice and Bean Bowl

JAN. 11

- Hamburger Meal

JAN. 12

- Southwest Salad

JAN. 15

- NO SCHOOL

JAN. 16

- BBQ Chicken Bowl

JAN. 17

- Rice and Bean Bowl

JAN. 18

- Hot Dog Meal

JAN. 19

- Southwest Salad

JAN. 22

- Beef Nachos (no cheese)

JAN. 23

- Orange Chicken Bowl

JAN. 24

- Rice and Bean Bowl

JAN. 25

- Hamburger Meal

JAN. 26

- Southwest Salad

JAN. 29

- Fajita Bowl

JAN. 30

- BBQ Chicken Bowl

JAN. 31

- Rice and Bean Bowl

FEB. 1

- Hot Dog Meal

FEB. 2

- Southwest Salad

This institution is an equal opportunity provider.

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

Menus also available at [Schoolcafe.com](http://Schoolcafe.com)

Nutrient Analysis Information can be found at <https://www.cfisd.net/Page/3593>

## **BREAKFAST INFORMATION**

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

## **Additional Allergen Free information**

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.\*