



October 2022 ALLERGEN FREE MENU

2022-2023 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: \$0.20 // Reduced Student Lunch: \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Nachos w/ Baked! Tostito Scoops Pinto Beans Baby Carrots Sliced Peaches Milk/Soymilk <div style="text-align: right;">#11</div>	4 Black Beans & Rice w/ Baked! Tostito Scoops Whole Kernel Corn Baby Carrots Sliced Peaches Milk/Soymilk <div style="text-align: right;">#12</div>	5 Beef Hot Dog on GF Bun Mixed Vegetables Tossed Salad w/ Vinaigrette Fresh Pineapple Chunks Milk/Soymilk <div style="text-align: right;">#13</div>	6 Hamburger on GF Bun Green Beans Tossed Salad w/ Vinaigrette Orange Smiles Milk/Soymilk <div style="text-align: right;">#14</div>	7 Beef Nachos w/ Baked! Tostito Scoops Pinto Beans Baby Carrots Sliced Peaches Milk/Soymilk <div style="text-align: right;">#15</div>
10 Black Beans & Rice w/ Baked! Tostito Scoops Whole Kernel Corn Baby Carrots Sliced Peaches Milk/Soymilk <div style="text-align: right;">#16</div>	11 Ian's Chicken Nuggets Whole Kernel Corn Tossed Salad w/ Vinaigrette Fresh Mixed Fruit Milk/Soymilk <div style="text-align: right;">#17</div>	12 Beef Hot Dog on GF Bun Mixed Vegetables Tossed Salad w/ Vinaigrette Fresh Pineapple Chunks Milk/Soymilk <div style="text-align: right;">#18</div>	13 Hamburger on GF Bun Green Beans Tossed Salad w/ Vinaigrette Orange Smiles Milk/Soymilk <div style="text-align: right;">#19</div>	14 Beef Hot Dog on GF Bun Mixed Vegetables Tossed Salad w/ Vinaigrette Fresh Pineapple Chunks Milk/Soymilk <div style="text-align: right;">#20</div>
17 Beef Nachos w/ Baked! Tostito Scoops Pinto Beans Baby Carrots Sliced Peaches Milk/Soymilk <div style="text-align: right;">#1</div>	18 Hamburger on GF Bun Green Beans Tossed Salad w/ Vinaigrette Orange Smiles Milk/Soymilk <div style="text-align: right;">#2</div>	19 Beef Hot Dog on GF Bun Mixed Vegetables Tossed Salad w/ Vinaigrette Fresh Pineapple Chunks Milk/Soymilk <div style="text-align: right;">#3</div>	20 Hamburger on GF Bun Green Beans Tossed Salad w/ Vinaigrette Orange Smiles Milk/Soymilk <div style="text-align: right;">#4</div>	21 Beef Hot Dog on GF Bun Mixed Vegetables Tossed Salad w/ Vinaigrette Fresh Pineapple Chunks Milk/Soymilk <div style="text-align: right;">#5</div>
24 <div style="font-size: 2em; font-weight: bold;">NO SCHOOL</div> <div style="text-align: right;">#6</div>	25 Hamburger on GF Bun Green Beans Tossed Salad w/ Vinaigrette Orange Smiles Milk/Soymilk <div style="text-align: right;">#7</div>	26 Beef Hot Dog on GF Bun Mixed Vegetables Tossed Salad w/ Vinaigrette Fresh Pineapple Chunks Milk/Soymilk <div style="text-align: right;">#8</div>	27 Black Beans & Rice w/ Baked! Tostito Scoops Whole Kernel Corn Baby Carrots Sliced Peaches Milk/Soymilk <div style="text-align: right;">#9</div>	28 Hamburger on GF Bun Green Beans Tossed Salad w/ Vinaigrette Orange Smiles Milk/Soymilk <div style="text-align: right;">#10</div>
31 Beef Nachos w/ Baked! Tostito Scoops Pinto Beans Baby Carrots Sliced Peaches Milk/Soymilk <div style="text-align: right;">#11</div>				

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 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 without notice due to price and availability of food*

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