



food2you

Nut-free facility
 Local and organic fresh
 fruits & vegetables
 Scratch cooking
food2youinc.com

Breakfast Menu / Spring 2020

March / April / May
 V = Vegetarian

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	3/16 4/13 5/11 Corn Flakes Fresh Oranges ¹ Organic Milk	3/17 4/14 5/12 Whole Grain Pancakes* w/ Pear Puree Turkey Bacon V - Fresh Eggs Fresh Pineapple Organic Milk	3/18 4/15 5/13 Turkey Sausage Cheese Slices WG Biscuits* V - Cheese Biscuits Fresh Apples Organic Milk	3/19 4/16 5/14 Mini Bagels Cream Cheese Turkey Sausage V - Fresh Eggs Fresh Oranges Organic Milk	3/20 4/17 5/15 Lemon Poppy Muffins Fresh Honeydew Organic Milk
WEEK 2	3/23 4/20 5/18 Toasted Oats Fresh Oranges ¹ Organic Milk	3/24 4/21 5/19 Whole Grain French Toast Sticks* Turkey Sausage V - Fresh Eggs Fresh Pineapple Organic Milk	3/25 4/22 5/20 English Muffins Scrambled Eggs Fresh Apples Organic Milk	3/26 4/23 5/21 Whole Grain Waffles* Applesauce Turkey Bacon V - Fresh Eggs Fresh Oranges Organic Milk	3/27 4/24 5/22 Vanilla Bean Muffins Fresh Cantaloupe Organic Milk
WEEK 3	3/2 3/30 4/27 5/25 Rice Krispies Fresh Oranges Organic Milk	3/3 3/31 4/28 5/26 Whole Grain Pancakes* w/ Pear Puree Turkey Bacon V - Fresh Eggs Fresh Pineapple Organic Milk	3/4 4/1 4/29 5/27 Homemade WG Granola* Vanilla Yogurt Fresh Apples Organic Milk	3/5 4/2 4/30 5/28 Potato Pancakes Applesauce Turkey Sausage V - Fresh Eggs Fresh Oranges Organic Milk	3/6 4/3 5/1 5/29 Apple Spice Muffins Fresh Honeydew Organic Milk
WEEK 4	3/9 4/6 5/4 Toasted Oats Fresh Oranges Organic Milk	3/10 4/7 5/5 Whole Grain Waffles* w/ Pear Puree Turkey Sausage V - Fresh Eggs Fresh Pineapple Organic Milk	3/11 4/8 5/6 English Muffins Scrambled Eggs Fresh Apples Organic Milk	3/12 4/9 5/7 Whole Grain Biscuits* Turkey Bacon V - Fresh Eggs Fresh Oranges Organic Milk	3/13 4/10 5/8 Blueberry Muffins Fresh Cantaloupe Organic Milk



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Lunch Menu / Spring 2020

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	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	3/16 4/13 5/11 Penne Pasta Turkey Meat Sauce V – Tofu Marinara Mozzarella Cheese Green & Yellow Beans WG Ciabatta Bread* Fresh Apples	3/17 4/14 5/12 Turkey Taco Day Whole Grain Tortillas Cheddar Cheese V – Salsa Veggie Crumbles Broccoli & Cauliflower Fresh Bananas	3/18 4/15 5/13 Red Beans & Brown Rice* Grilled Chicken V – Organic Tofu Peas & Carrots Fresh Cantaloupe	3/19 4/16 5/14 Turkey Burgers Whole Grain Buns* V – Veggie Burger Tomato Ketchup 6 Veggie Blend Fresh Pineapple	3/20 4/17 5/15 Whole Grain* Garlic Bread Pizza Green Beans Diced Carrots Fresh Fruit Salad
WEEK 2	3/23 4/20 5/18 Chicken Alfredo Whole Grain Pasta V – Tofu Alfredo Broccoli & Cauliflower WG Ciabatta Bread* Fresh Apples	3/24 4/21 5/19 Sloppy Joes Whole Grain Buns* V – Tofu Sofritas Green & Yellow Beans Fresh Bananas	3/25 4/22 5/20 Queso Chicken Bake Whole Grain Tortillas* V – Organic Tofu Peas & Carrots Fresh Honeydew	3/26 4/23 5/21 Turkey Chili V – Veggie Chili Sweet Corn Bread 6 Veggie Blend Fresh Pineapple	3/27 4/24 5/22 Chicken Non-Fried Brown Rice* V – Organic Tofu Green Beans Diced Carrots Fresh Fruit Salad
WEEK 3	3/2 3/30 4/27 5/25 Chicken & Parmesan Cheese Whole Grain Noodles* Green & Yellow Beans WG Ciabatta Bread* Fresh Apples	3/3 3/31 4/28 5/26 Chicken Bites* Tomato Ketchup V – Veggie Bites Broccoli & Cauliflower Fresh Bananas	3/4 4/1 4/29 5/27 Chicken Verde Whole Grain Tortillas V – Tofu Verde Peas & Carrots Fresh Cantaloupe	3/5 4/2 4/30 5/28 Meatballs & Marinara Mozzarella Cheese V – Veggie Crumbles Whole Grain Buns* 6 Veggie Blend Fresh Pineapple	3/6 4/3 5/1 5/29 Mac & Cheese Green Beans Diced Carrots Fresh Fruit Salad
WEEK 4	3/9 4/6 5/4 Roasted Chicken Noodle Non-Soup V – Organic Tofu Broccoli & Cauliflower WG Ciabatta Bread* Fresh Apples	3/10 4/7 5/5 Vegetarian Burrito Bowl Brown Rice Cheddar Cheese Green & Yellow Beans Fresh Bananas	3/11 4/8 5/6 Asian Chicken Brown Rice* V – Asian Tofu Peas & Carrots Fresh Honeydew	3/12 4/9 5/7 Turkey Chili V – Veggie Chili Sweet Corn Bread 6 Veggie Blend Fresh Pineapple	3/13 4/10 5/8 BBQ Chicken Sliders Whole Grain Buns* V – BBQ Tofu Green Beans Diced Carrots Fresh Fruit Salad



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Snack Menu / Spring 2020

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	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	3/16 4/13 5/11 American Cheese Ritz Crackers Water	3/17 4/14 5/12 Kids Mix Fresh Pears Water	3/18 4/15 5/13 Housemade Apple Spice Bread Organic Milk	3/19 4/16 5/14 WG Blackbean Veggie Crisps Fresh Bananas	3/20 4/17 5/15 WG Graham Squares* Fresh Apples ² Water
WEEK 2	3/23 4/20 5/18 Saltines String Cheese Water	3/24 4/21 5/19 WG Ranch Rounds* Fresh Pears Water	3/25 4/22 5/20 Mini Naan Breads American Cheese Water	3/26 4/23 5/21 Vanilla Yogurt Fresh Bananas Water	3/27 4/24 5/22 Housemade WG Granola* Fresh Apples ²
WEEK 3	3/2 3/30 4/27 5/25 Blackbean Crackers String Cheese Water	3/3 3/31 4/28 5/26 Mini Bagels Cream Cheese Fresh Pears Water	3/4 4/1 4/29 5/27 Housemade Blueberry Snack Bread Organic Milk	3/5 4/2 4/30 5/28 Kids Mix Fresh Bananas Water	3/6 4/3 5/1 5/29 WG Graham Squares* Fresh Apples ² Water
WEEK 4	3/9 4/6 5/4 Mini Naan Breads American Cheese Water	3/10 4/7 5/5 Animal Crackers Fresh Pears Water	3/11 4/8 5/6 Toasted Oats Vanilla Yogurt Water	3/12 4/9 5/7 Pretzel Baguette Slices Cheddar Cheese Sauce Fresh Bananas	3/13 4/10 5/8 WG Sweet Potato Crisps* Fresh Apples ²



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Allergy Menu / Spring 2020

March / April / May

Gluten, wheat, egg, dairy, soy, fish, peanut & tree nut free

WEEK 1

Monday

3/16 4/13 5/11
 Corn Flour Pasta
 Turkey Red Sauce
 Green & Yellow Beans
 Fresh Apples

Tuesday

3/17 4/14 5/12
 Turkey Tacos
 Corn Tortillas
 Vegan Cheese
 Broccoli & Cauliflower
 Fresh Bananas

Wednesday

3/18 4/15 5/13
 Red Beans & Rice
 Grilled Chicken
 Peas & Carrots
 Fresh Cantaloupe

Thursday

3/19 4/16 5/14
 Roasted Chicken
 Corn Flour Noodles
 6 Veggie Blend
 Fresh Pineapple

Friday

3/20 4/17 5/15
 Vegan Quesadillas
 Green Beans
 Diced Carrots
 Fresh Fruit Salad

WEEK 2

3/23 4/20 5/18
 Chicken Marinara
 Corn Flour Pasta
 Broccoli & Cauliflower
 Fresh Apples

Tuesday

3/24 4/21 5/19
 Sloppy Joes
 Corn Tortillas
 Green & Yellow Beans
 Fresh Bananas

Wednesday

3/25 4/22 5/20
 Roasted Chicken
 Brown Rice
 Peas & Carrots
 Fresh Honeydew

Thursday

3/26 4/23 5/21
 Turkey Chili
 Corn Tortillas
 6 Veggie Blend
 Fresh Pineapple

Friday

3/27 4/24 5/22
 Chicken Non-Fried
 Brown Rice
 Green Beans
 Diced Carrots
 Fresh Fruit Salad

WEEK 3

3/2 3/30 4/27 5/25
 Roasted Chicken
 Corn Flour Noodles
 Green & Yellow Beans
 Fresh Apples

Tuesday

3/3 3/31 4/28 5/26
 Grilled Chicken
 Corn Tortillas
 Broccoli & Cauliflower
 Fresh Bananas

Wednesday

3/4 4/1 4/29 5/27
 Chicken Verde
 Corn Tortillas
 Peas & Carrots
 Fresh Cantaloupe

Thursday

3/5 4/2 4/30 5/28
 Roasted Chicken
 Brown Rice
 6 Veggie Blend
 Fresh Pineapple

Friday

3/6 4/3 5/1 5/29
 Mac & Chicken
 Green Beans
 Diced Carrots
 Fresh Fruit Salad

WEEK 4

3/9 4/6 5/4
 Chicken Noodle
 Non-Soup
 Corn Flour Pasta
 Broccoli & Cauliflower
 Fresh Apples

Tuesday

3/10 4/7 5/5
 Vegetarian Burrito Bowl
 Brown Rice
 Vegan Cheese
 Green & Yellow Beans
 Fresh Bananas

Wednesday

3/11 4/8 5/6
 Grilled Chicken
 Brown Rice
 Peas & Carrots
 Fresh Honeydew

Thursday

3/12 4/9 5/7
 Turkey Chili
 Corn Tortillas
 6 Veggie Blend
 Fresh Pineapple

Friday

3/13 4/10 5/8
 Barbeque Chicken
 Corn Tortillas
 Green Beans
 Diced Carrots
 Fresh Fruit Salad