



food2you

Nut-free facility

Local and organic fresh fruits & vegetables

Scratch cooking

food2youinc.com

Breakfast Menu / Winter 2019-20

December / January / February

V = Vegetarian

WEEK 1

Monday

12/23 1/20 2/17

Corn Flakes
Fresh Oranges¹
Organic Milk

Tuesday

12/24 1/21 2/18

Whole Grain Pancakes*
w/ Pear Puree
Turkey Bacon
V - Fresh Eggs
Fresh Pineapple
Organic Milk

Wednesday

12/25 1/22 2/19

Turkey Sausage
Cheese Slices
WG Biscuits*
V - Cheese Biscuits
Fresh Apples
Organic Milk

Thursday

12/26 1/23 2/20

Mini Bagels
Cream Cheese
Turkey Sausage
V - Fresh Eggs
Fresh Oranges
Organic Milk

Friday

12/27 1/24 2/21

Lemon Poppy Muffins
Fresh Honeydew
Organic Milk

WEEK 2

12/2 12/30 1/27 2/24

Toasted Oats
Fresh Oranges¹
Organic Milk

12/3 12/31 1/28 2/25

Whole Grain
French Toast Sticks*
Turkey Sausage
V - Fresh Eggs
Fresh Pineapple
Organic Milk

12/4 1/1 1/29 2/26

English Muffins
Scrambled Eggs
Fresh Apples²
Organic Milk

12/5 1/2 1/30 2/27

Whole Grain Waffles*
Applesauce
Turkey Bacon
V - Fresh Eggs
Fresh Oranges
Organic Milk

12/6 1/3 1/31 2/28

Vanilla Bean Muffins
Fresh Cantaloupe
Organic Milk

WEEK 3

12/9 1/6 2/3

Rice Krispies
Fresh Oranges
Organic Milk

12/10 1/7 2/4

Whole Grain Pancakes*
w/ Pear Puree
Turkey Bacon
V - Fresh Eggs
Fresh Pineapple
Organic Milk

12/11 1/8 2/5

Homemade
WG Granola*
Vanilla Yogurt
Fresh Apples
Organic Milk

12/12 1/9 2/6

Potato Pancakes
Applesauce
Turkey Sausage
V - Fresh Eggs
Fresh Oranges
Organic Milk

12/13 1/10 2/7

Cranberry Orange Muffins
Fresh Honeydew
Organic Milk

WEEK 4

12/16 1/13 2/10

Toasted Oats
Fresh Oranges
Organic Milk

12/17 1/14 2/11

Whole Grain Waffles*
w/ Pear Puree
Turkey Sausage
V - Fresh Eggs
Fresh Pineapple
Organic Milk

12/18 1/15 2/12

English Muffins
Scrambled Eggs
Fresh Apples
Organic Milk

12/19 1/16 2/13

Whole Grain Biscuits*
Turkey Bacon
V - Fresh Eggs
Fresh Oranges
Organic Milk

12/20 1/17 2/14

Blueberry Muffins
Fresh Cantaloupe
Organic Milk



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Lunch Menu / Winter 2019-20

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



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Snack Menu / Winter 2019-20

December / January / February

V = Vegetarian

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



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Allergy Menu / Winter 2019-20

December / January / February

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

WEEK 1

Monday

12/23 1/20 2/17

Corn Flour Pasta
Turkey Red Sauce
Broccoli & Cauliflower
Fresh Apples

Tuesday

12/24 1/21 2/18

Turkey Tacos
Corn Tortillas
Vegan Cheese
Green & Yellow Beans
Fresh Bananas

Wednesday

12/25 1/22 2/19

Red Beans & Rice
Grilled Chicken
Peas & Carrots
Fresh Cantaloupe

Thursday

12/26 1/23 2/20

Roasted Chicken
Corn Flour Noodles
6 Veggie Blend
Fresh Pineapple

Friday

12/27 1/24 2/21

Vegan Quesadillas
Green Beans
Diced Carrots
Fresh Fruit Salad

WEEK 2

12/2 12/30 1/27 2/24

Chicken Marinara
Corn Flour Pasta
Peas & Carrots
Fresh Apples

12/3 12/31 1/28 2/25

Sloppy Joes
Corn Tortillas
Broccoli & Cauliflower
Fresh Bananas

12/4 1/1 1/29 2/26

Roasted Chicken
Brown Rice
Green Beans & Carrots
Fresh Honeydew

12/5 1/2 1/30 2/27

Turkey Chili
Corn Tortillas
6 Veggie Blend
Fresh Pineapple

12/6 1/3 1/31 2/28

Chicken Non-Fried
Brown Rice
Green & Yellow Beans
Fresh Fruit Salad

WEEK 3

12/9 1/6 2/3

Roasted Chicken
Corn Flour Noodles
Broccoli & Cauliflower
Fresh Apples

12/10 1/7 2/4

Grilled Chicken
Corn Tortillas
Roasted Potatoes
Green & Yellow Beans
Fresh Bananas

12/11 1/8 2/5

Turkey Breast
Sweet Potatoes
Peas & Carrots
Fresh Cantaloupe

12/12 1/9 2/6

Roasted Chicken
Brown Rice
6 Veggie Blend
Fresh Pineapple

12/13 1/10 2/7

Mac & Chicken
Green Beans
Diced Carrots
Fresh Fruit Salad

WEEK 4

12/16 1/13 2/10

Chicken Noodle
Non-Soup
Corn Flour Pasta
Peas & Carrots
Fresh Apples

12/17 1/14 2/11

Turkey Mac
Vegan Cheese
Corn Flour Pasta
Broccoli & Cauliflower
Fresh Bananas

12/18 1/15 2/12

Grilled Chicken
Brown Rice
Green Beans & Carrots
Fresh Honeydew

12/19 1/16 2/13

Turkey Chili
Corn Tortillas
6 Veggie Blend
Fresh Pineapple

12/20 1/17 2/14

Barbeque Chicken
Corn Tortillas
Green & Yellow Beans
Fresh Fruit Salad