



# food2you

Nut-free facility

Local and organic fresh fruits & vegetables

Scratch cooking

[food2youinc.com](http://food2youinc.com)

## Breakfast Menu / Fall 2020

September / October / November

V = Vegetarian

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



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## Lunch Menu / Fall 2020

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



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## Snack Menu / Fall 2020

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



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## Allergy Menu / Fall 2020

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	9/28 10/26 11/23 Corn Flour Pasta Turkey Red Sauce Green & Yellow Beans Fresh Apples	9/1 9/29 10/27 11/24 Turkey Tacos Corn Tortillas Vegan Cheese Broccoli & Cauliflower Fresh Bananas	9/2 9/30 10/28 11/25 Macaroni Vegan Cheese Peas & Carrots Fresh Cantaloupe	9/3 10/1 10/29 11/26 Roasted Chicken Corn Flour Noodles 6 Veggie Blend Fresh Watermelon	9/4 10/2 10/30 11/27 Vegan Quesadillas Green Beans Diced Carrots Fresh Fruit Salad
<b>WEEK 2</b>	9/7 10/5 11/2 11/30 Roasted Chicken Corn Flour Pasta Broccoli & Cauliflower Fresh Apples	9/8 10/6 11/3 Chicken & Bell Peppers Corn Tortillas Green & Yellow Beans Fresh Bananas	9/9 10/7 11/4 Southwest Chicken Blackbean Bowl Peas & Carrots Fresh Honeydew	9/10 10/8 11/5 Turkey Chili Corn Tortillas 6 Veggie Blend Fresh Watermelon	9/11 10/9 11/6 Mac & Chicken Green Beans Diced Carrots Fresh Fruit Salad
<b>WEEK 3</b>	9/14 10/12 11/9 Roasted Chicken Corn Flour Noodles Green & Yellow Beans Fresh Apples	9/15 10/13 11/10 Grilled Chicken Corn Tortillas Broccoli & Cauliflower Fresh Bananas	9/16 10/14 11/11 Chicken Verde Corn Tortillas Peas & Carrots Fresh Cantaloupe	9/17 10/15 11/12 Roasted Chicken Brown Rice 6 Veggie Blend Fresh Watermelon	9/18 10/16 11/13 Vegan Quesadillas Green Beans Diced Carrots Fresh Fruit Salad
<b>WEEK 4</b>	9/21 10/19 11/16 Chicken Noodle Non-Soup Corn Flour Pasta Broccoli & Cauliflower Fresh Apples	9/22 10/20 11/17 Vegetarian Burrito Bowl Brown Rice Vegan Cheese Green & Yellow Beans Fresh Bananas	9/23 10/21 11/18 Grilled Chicken Brown Rice Peas & Carrots Fresh Honeydew	9/24 10/22 11/19 Turkey Chili Corn Tortillas 6 Veggie Blend Fresh Watermelon	9/25 10/23 11/20 Barbeque Chicken Corn Tortillas Green Beans Diced Carrots Fresh Fruit Salad