

| Date   | Lunch Menu Item               | Allergen/Ingredients                         | The Lunch Master Site Description  | Breakfast Menu Item          | Allergen/Ingredients         | The Lunch Master Site Description   |
|--------|-------------------------------|--|--|------------------------------|------------------------------|---|
| 6/1/23 | Chicken Nuggets w/ Rice Pilaf | Chicken, Soy, Wheat, Milk, Egg               | Chicken nugget fritters oven-baked to a crispy golden brown. Served with a fragrant and fluffy rice pilaf.   | Breakfast Cereal or Granola  | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.   |
|        | Chicken Caesar Wrap           | Wheat, Chicken, Milk, Egg, Fish              | Everyone's favorite sandwich wrap! Herb-roasted free range chicken, crisp organic romaine, and shredded parmesan tossed in a lite Caesar dressing and wrapped in a whole wheat tortilla.   | Apple Cinnamon Frudel        | Wheat, Soy, Egg, Milk        | A healthy and sweet morning treat in the form of our apple cinnamon frudel. Stuffed with delicious apple pieces and seasoned with cinnamon this tasty treat is great any time of day. |
|        | Vegan Black Bean Burrito Bowl | Tomato, Soy                                  | All the delicious flavors of a burrito without the tortilla. Hearty black beans, corn, roasted red and green peppers, and roasted tomatillo salsa with cilantro lime rice.   |                              |                              |   |
| 6/2/23 | Cheese Pizza                  | Wheat, Soy, Milk, Tomato                     | We know that crust is everything, which is why we make our own pizza dough from scratch daily with only the highest quality ingredients. It's topped with classic tomato sauce and creamy mozzarella cheeses to deliver ooey-gooey flavor in every bite.                     | Breakfast Cereal or Granola  | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.   |
|        | Pepperoni Pizza               | Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey | We know that crust is everything, which is why we make our own pizza dough from scratch daily with only the highest quality ingredients. It's topped with classic tomato sauce, creamy mozzarella cheeses, and savory pepperoni slices to deliver bold flavor in every bite. | Sunbutter and Jelly Sandwich | Wheat, Soy                   | Super healthy, nut and gluten free Sunbutter is made with toasted sunflower seeds. We're serving it with fruit preserves on bakery fresh whole wheat bread.                           |
|        | Vegan 3 Bean Chilli w/Chips   | Soy  | A trio of beans and variety of vegetables slow-cooked in a flavorful tomato base with a hint of spice. Dunk in your crunchy corn tortilla chips and call it a day.   |                              |                              |   |
| 6/5/23 | Chicken Burrito               | Milk, Chicken, Wheat, Tomato                 | We take a homemade tortilla and jam-pack it with marinated chicken breast, grated cheddar & jack cheese, cilantro lime infused rice, and then drizzle it with southwestern salsa.  | Breakfast Cereal or Granola  | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.   |
|        | Spicy Chicken wrap            | Wheat, Soy, Egg, Milk, Chicken, Sesame       | Spicy breaded chicken, shredded cheddar/jack cheese with romaine lettuce and homemade ranch.   | Breakfast Scone              | Wheat, Soy, Egg, Milk        | Banana chocolate chunk, Apple Cinnamon and Berry Scones will be served throughout the week depending on product availability.   |
|        | MYO Vegan Taco                | Soy  | Make your own vegan tacos with two corn tortillas, savory black beans, fresh seasonal veggies and grilled tofu.  |                              |                              |   |

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| 6/6/23 | Chicken corn dog                   | Wheat, Soy, Egg, Milk, Chicken, Sesame, Turkey | Juicy chicken frank dipped in a whole grain sweet honey batter and baked to a golden brown. A county fair classic!   | Breakfast Cereal or Granola   | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.   |
|        | Italian Deli Sub                   | Wheat, Soy, Milk, Pork, Beef, Turkey           | This satisfying Italian-style sub is jam-packed with two different kinds of deli meats—roasted turkey and salami that is stacked with cheese in a freshly baked hoagie roll.   | String Cheese and Mini Muffin | Wheat, soy, egg, milk        | Start your morning right with something that's sweet and savory. Freshly baked whole grain blueberry muffin naturally sweetened with applesauce. Served with a part-skim mozzarella string cheese for added protein |
|        | Vegan Indian Garbanzo Beans w/Rice | Soy  | Hearty chickpeas cooked in a rich tomato-based sauce served on a plate of steamed basmati rice.  |                               |                              |   |
| 6/7/23 | Teriyaki Chicken w/Rice            | Wheat, Soy, Chicken, Sesame                    | Our Japanese-inspired rice bowl is packed with big flavor thanks to our teriyaki sauce, which brings hints of ginger, garlic, soy sauce, and Asian spices. It's a delicious marinade for our shredded chicken, carrots, and broccoli that tops the bed of fluffy brown rice. Are you ready to feast or what? | Breakfast Cereal or Granola   | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.   |
|        | Breaded Chicken Wrap               |  |  | Cheesy Cornbread Muffin       | Wheat, soy, egg, milk        | Fresh baked! Fluffy and cheesy mini cornbread muffins make for a delectable snack or side to a meal!  |
|        | Vegan Pinto Pozole w/Chips         | Tomato, Soy                                    | Traditional Mexican savory stew loaded with hearty pinto beans, sweet corn, and mild spices in a tomato-based broth. Served with a side of tortilla chips for some added crunch.   |                               |                              |   |
| 6/8/23 | Mac and Cheese                     | Wheat, Milk                                    | We really thought "out of the box" with this homemade recipe! It's made with our signature creamy cheddar cheese sauce poured over tender elbow macaroni. We're convinced you'll want seconds after licking your plate clean.  | Breakfast Cereal or Granola   | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.   |
|        | Breaded Chicken Salad              | Wheat, Soy, Egg, Milk, Chicken, Tomato         | A tossed summer salad with local organic romaine, sweet carrots and garlic croutons topped with nitrate free, breaded chicken and dressed with cool ranch dressing.  | Yogurt w/Grams                | Wheat, soy, milk             | Creamy, rich strawberry yogurt served with honey graham crackers for a tasty touch of crunch.   |
|        | Vegan Spanish Beans w/Rice         | Tomato, Soy                                    | A perfect combination of protein-packed staple foods. This delicious duo is made from cilantro lime rice and hearty black and kidney beans that are sautéed with seasonal veggies, tomatoes, minced garlic, onion, paprika, and bay leaves.  |                               |                              |   |

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| 6/9/23  | Cheese Pizza                  | Wheat, Soy, Milk, Tomato                     | We know that crust is everything, which is why we make our own pizza dough from scratch daily with only the highest quality ingredients. It's topped with classic tomato sauce and creamy mozzarella cheeses to deliver ooey-gooey flavor in every bite.                                   | Breakfast Cereal or Granola | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.  |
|         | Pepperoni Pizza               | Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey | We know that crust is everything, which is why we make our own pizza dough from scratch daily with only the highest quality ingredients. It's topped with classic tomato sauce, creamy mozzarella cheeses, and savory pepperoni slices to deliver bold flavor in every bite.               | Breakfast Muffin            | Wheat, soy, egg, milk        | Blueberry, Chocolate Chip, Double Chocolate, Apple Cinnamon, Banana and Cherry Muffins will be served throughout the week depending on product availability. |
|         | Vegan Fried Rice              | Tomato, Soy                                  | Rice stir-fried with crispy tofu and hearty vegetables including edamame, peas, carrots, celery, garlic, and onion. This crowd-pleaser is irresistibly drizzled with gluten free soy sauce and served fresh out of the wok.  |                             |                              |  |
| 6/12/23 | Pasta X-Plotion!              | Wheat, Milk, Tomato                          | We get things going with a rich, flavorful mushroom marinara sauce and then toss it with corkscrew, penne, and bowtie pastas. Olives are added in for that perfect amount of zing. It's baked till golden with a mozzarella cheese topping and will be sure to light a fuse in your mouth. | Breakfast Cereal or Granola | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.  |
|         | Chicken Fajita Wrap           | Wheat, Soy, Egg, Milk, Chicken, Tomato       | A festive combination of roasted chicken breast, crisp local romaine, peppers, onions, cilantro lime rice and a ranch dressing, wrapped in a whole wheat tortilla  | Bagel w/ Cream Cheese       | Wheat, soy, milk             | A toasted whole grain honey bagel served with Philly style cream cheese.   |
|         | Vegan Black Bean Burrito Bowl | Tomato, Soy                                  | All the delicious flavors of a burrito without the tortilla. Hearty black beans, corn, roasted red and green peppers, and roasted tomatillo salsa with cilantro lime rice.   |                             |                              |  |
| 6/13/23 | Beef Hot Dog                  | Wheat, Beef, Soy                             | We use Nathan's Famous hot dogs, which are made with 100% beef and no artificial flavors or ingredients. We grill it till juicy and smoky and serve it in a fresh baked bun.   | Breakfast Cereal or Granola | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.  |

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|         | <b>Turkey and Cheese on Dutch Crunch</b> | Turkey, Wheat, Milk                     | Freshly sliced turkey breast, rich sharp cheddar cheese on a fresh and crunchy dutch crunch roll make for a delicious sandwich.   | <b>Breakfast Scone</b>               | Wheat, Soy, Egg, Milk        | Banana chocolate chunk, Apple Cinnamon and Berry Scones will be served throughout the week depending on product availability.   |
|         | <b>Vegan 3 Bean Chilli w/Chips</b>       | Soy                                     | A trio of beans and variety of vegetables slow-cooked in a flavorful tomato base with a hint of spice. Dunk in your crunchy corn tortilla chips and call it a day.  |                                      |                              |   |
| 6/14/23 |  |   |   | <b>Breakfast Cereal or Granola</b>   | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.   |
|         | <b>Big Kahuna Tuna Wrap</b>              | Wheat, Soy, Egg, Milk, Fish             |   | <b>String Cheese and Mini Muffin</b> | Wheat, soy, egg, milk        | Start your morning right with something that's sweet and savory. Freshly baked whole grain blueberry muffin naturally sweetened with applesauce. Served with a part-skim mozzarella string cheese for added protein |
| 6/15/23 |  |   |   | <b>Breakfast Cereal or Granola</b>   | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.   |
|         | <b>Chicken Bacon Ranch Wrap</b>          | Wheat, Milk, Pork, Chicken, Egg, Tomato | Marinated, oven roasted free range chicken breast and nitrate free hickory smoked bacon wrapped in a whole wheat tortilla with chopped local romaine, shredded cheddar and our creamy ranch dressing.               | <b>Breakfast Muffin</b>              | Wheat, soy, egg, milk        | Blueberry, Chocolate Chip, Double Chocolate, Apple Cinnamon, Banana and Cherry Muffins will be served throughout the week depending on product availability.  |
| 6/20/23 |  |   |   | <b>Breakfast Cereal or Granola</b>   | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.   |
|         | <b>Bagel Kit</b>                         | Wheat, Soy                              | A bagel a day keeps the doctor away, then again. A fresh bagel is served with Philly cream cheese and fruit preserves. It's accompanied with part-skim mozzarella string cheese and lightly salted sunflower seeds. | <b>Breakfast Muffin</b>              | Wheat, soy, egg, milk        | Blueberry, Chocolate Chip, Double Chocolate, Apple Cinnamon, Banana and Cherry Muffins will be served throughout the week depending on product availability.  |
| 6/21/23 |  |   |   | <b>Breakfast Cereal or Granola</b>   | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.   |
|         | <b>Chicken Caesar Wrap</b>               | Wheat, Chicken, Milk, Egg, Fish         | Everyone's favorite sandwich wrap! Herb-roasted free range chicken, crisp organic romaine, and shredded parmesan tossed in a lite Caesar dressing and wrapped in a whole wheat tortilla.                            | <b>Bagel w/ Cream Cheese</b>         | Wheat, soy, milk             | A toasted whole grain honey bagel served with Philly style cream cheese.  |

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| 6/22/23 |  |                           |  | <b>Breakfast Cereal or Granola</b> | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.  |
|         | <b>Turkey and Cheese on a Hoagie</b>     | Turkey, Wheat, Milk       | Juicy slices of turkey, sharp cheddar cheese on a fluffy hoagie roll make for a simple yet delicious sandwich!   | <b>Breakfast Scone</b>             | Wheat, Soy, Egg, Milk        | Banana chocolate chunk, Apple Cinnamon and Berry Scones will be served throughout the week depending on product availability.                                |
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| 6/23/23 | <b>Cheese Pizza</b>                      | Wheat, Soy, Milk, Tomato  | We know that crust is everything, which is why we make our own pizza dough from scratch daily with only the highest quality ingredients. It's topped with classic tomato sauce and creamy mozzarella cheeses to deliver ooey-gooey flavor in every bite. | <b>Breakfast Cereal or Granola</b> | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.  |
|         |  |                           |  | <b>Cheesy Cornbread Muffin</b>     | Wheat, soy, egg, milk        | Fresh baked! Fluffy and cheesy mini cornbread muffins make for a delectable snack or side to a meal!   |
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| 6/26/23 |  |                           |  | <b>Breakfast Cereal or Granola</b> | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.  |
|         | <b>Chicken Pesto Wrap</b>                | Chicken, Wheat, Milk, Soy | Refreshing and reinvigorating! Crisp organic romaine lettuce is added to herb-marinated free range chicken breast and shredded parmesan cheese are tossed in a basil pesto sauce. It is wrapped in a fresh whole grain tortilla. Yumm!                   | <b>Yogurt w/ Grams</b>             | Wheat, soy, milk             | Creamy, rich strawberry yogurt served with honey graham crackers for a tasty touch of crunch.  |
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| 6/27/23 |  |                           |  | <b>Breakfast Cereal or Granola</b> | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.  |
|         | <b>Turkey and Cheese on Dutch Crunch</b> | Turkey, Wheat, Milk       | Freshly sliced turkey breast, rich sharp cheddar cheese on a fresh and crunchy dutch crunch roll make for a delicious sandwich.  | <b>Breakfast Muffin</b>            | Wheat, soy, egg, milk        | Blueberry, Chocolate Chip, Double Chocolate, Apple Cinnamon, Banana and Cherry Muffins will be served throughout the week depending on product availability. |
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| 6/28/23 |  |                           |  | <b>Breakfast Cereal or Granola</b> | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.  |

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|                | <b>Smoked Chicken Wrap</b> | Wheat, Soy, Egg, Milk, Chicken, Tomato | This wrap is packed full of chicken breast, shredded Monterey jack and cheddar cheese, chopped romaine, summer sweet corn, pinto beans and red salsa. Drizzled with BBQ ranch and wrapped up in a flour tortilla.  | <b>Bagel w/ Cream Cheese</b>        | Wheat, soy, milk             | A toasted whole grain honey bagel served with Philly style cream cheese.  |
| <b>6/29/23</b> |                            |  |  | <b>Breakfast Cereal or Granola</b>  | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.   |
|                | <b>Chicken Caesar Wrap</b> | Wheat, Chicken, Milk, Egg, Fish        | Everyone's favorite sandwich wrap! Herb-roasted free range chicken, crisp organic romaine, and shredded parmesan tossed in a lite Caesar dressing and wrapped in a whole wheat tortilla.   | <b>Apple Cinnamon Frudel</b>        | Wheat, soy, milk             | A healthy and sweet morning treat in the form of our apple cinnamon frudel. Stuffed with delicious apple pieces and seasoned with cinnamon this tasty treat is great any time of day. |
| <b>6/30/23</b> | <b>Cheese Pizza</b>        | Wheat, Soy, Milk, Tomato               | We know that crust is everything, which is why we make our own pizza dough from scratch daily with only the highest quality ingredients. It's topped with classic tomato sauce and creamy mozzarella cheeses to deliver ooey-gooey flavor in every bite. | <b>Breakfast Cereal or Granola</b>  | Wheat, soy, milk, pork, beef | Throughout the week you will receive, Honey Scooters, Blueberry Granola and Apple Cinnamon Granola cereals.   |
|                |                            |  |  | <b>Sunbutter and Jelly Sandwich</b> | Wheat, Soy                   | Super healthy, nut and gluten free Sunbutter is made with toasted sunflower seeds. We're serving it with fruit preserves on bakery fresh whole wheat bread.                           |