

FLOURISH! SNACK INFO - JANUARY 2024

January 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
	6	7	8	9	10
Breakfast Snack	Granola Bars + Yogurt Cups	Cheese Scones + Fruit Leather**	Pumpkin Spice Muffins	Egg & Potato Bites (GF) + Fruit	Yogurt & Granola Parfait (GF)
Portion Size	1 unit each	1 unit each	1 unit	1 unit each	1 unit each
Common Allergens	Dairy	Dairy, Gluten	Gluten, Eggs	Dairy, Eggs	<i>Yogurt: Dairy</i> <i>Fruit Compote: Mixed Berries</i>
Dietary Restrictions	<i>Granola Bar: Please see ingredients on packaging, Vegetarian</i>	Vegetarian	Vegetarian	Made without Gluten, Vegetarian	Made without Gluten, Vegetarian
January 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
Breakfast Snack	Power Squares (GF) + Yogurt Cups	Apple Cinnamon Scones + Fruit Leather**	Chocolate Zucchini Muffins	Pear Ginger Squire + Fruit	Sausage Rolls (Turkey) + Fruit Leather**
Portion Size	1 unit each	1 unit each	1 unit	1 unit each	1 unit each
Common Allergens	<i>Yogurt Cup: Dairy</i>	Dairy, Gluten	Gluten, Eggs	Gluten, Eggs	Dairy, Gluten, Eggs
Dietary Restrictions	<i>Power Square: Made without Gluten or Dairy, Vegetarian</i>	Vegetarian	Vegetarian	Made without Dairy, Vegetarian	
January 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	24
Breakfast Snack	Granola Bars (GF)+ Yogurt Cups	Mixed Berry Scones + Fruit Leather**	Rhubarb Muffins	Oatmeal Cookies + Fruit	Zucchini Loaf
Portion Size	1 unit each	1 unit	1 unit	1 unit each	1 unit
Common Allergens	Dairy	Dairy, Gluten	Dairy, Gluten, Eggs	Gluten, Eggs	Gluten, Eggs
Dietary Restrictions	<i>Granola Bar: Made without Gluten, Vegetarian</i>	Vegetarian	Vegetarian	Made without Dairy, Vegetarian	Made without Dairy, Vegetarian
January 27-31	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30	31
Breakfast Snack	Power Squares (GF) + Yogurt Cups	Cheese Scones + Fruit Leather**	Morning Glory Muffins + Cheese	Yogurt & Granola Parfait (GF)	Banana Bread
Portion Size	1 unit each	1 unit each	1 unit each	1 unit each	1 unit
Common Allergens	<i>Yogurt Cup: Dairy</i>	Dairy, Gluten	Dairy, Gluten, Eggs	<i>Yogurt: Dairy</i> <i>Fruit Compote: Mixed Berries</i>	Gluten, Eggs
Dietary Restrictions	<i>Power Square: Made without Gluten or Dairy, Vegetarian</i>	Vegetarian	Vegetarian	Made without Gluten, Vegetarian	Made without Dairy, Vegetarian

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****ALLERGEN ALERT - Our fruit leather is made using donated fruit and berries.**

Each recipe contains different fruit and berries.

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FLOURISH! MEAL INFO- JANUARY 2025

January 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
	6	7	8	9	10
Lunch - Elementary	Potato & Cheese Perogies	Roasted Chicken Drum, Steamed Vegetables, Rice	Mac & Cheese	Mexican Vegetable 'Lasagna'	Egg Fried Rice
Entrée Portion Size	4 Perogies	1-2 Drums size dependant	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy	N/A	Gluten, Dairy, Eggs	Dairy	Eggs
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy	Vegetarian	Made without Gluten, Vegetarian	Made without Gluten or Dairy, Vegetarian
January 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
Lunch - Elementary	Beef Bolognese + Penne	Teryaki Steamed Vegetables & Rice	Turkey Sausage, Roasted Potato (GF), Vegetables	Cheese Quesadilla	Roasted Chicken + Steamed Vegetables + Rice
Portion Size	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 unit each	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs	N/A	N/A	Gluten, Dairy	N/A
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy, Vegetarian	Made without Gluten or Dairy	Vegetarian	Made without Gluten or Dairy
January 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	24
Lunch - Elementary	Potato & Cheese Perogies	Roasted Chicken Drum, Steamed Vegetables, Rice	Steamed Vegetables + Chow Mein Noodles	Braised Chicken + Steamed Vegetables + Rice	Tomato Sauce + Pasta
Portion Size	4 Perogies	1-2 Drums size dependant	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy	N/A	Gluten, Eggs	N/A	Gluten, Dairy, Eggs
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy	Made without Dairy, Vegetarian	Made without Gluten or Dairy	Vegetarian
January 27-31	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30	31
Lunch - Elementary	Beef Bolognese + Penne	Coconut Curry Sauce + Steamed Vegetables + Rice	Weiners (Beef) + Beans	Mac & Cheese	Shepards Pie Mix (Beef) + Smashed Potatoes
Portion Size	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs	N/A	Gluten	Gluten, Dairy, Eggs	Dairy
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy, Vegetarian	Made without Dairy	Vegetarian	Made without Gluten

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Lunch - Secondary	Beef Bolognese + Penne	Roasted Chicken Drum, Steamed Vegetables, Rice	Mac & Cheese	Mexican Vegetable 'Lasagna'	Egg Fried Rice
Entrée Portion Size	1 pan = 20-25 portions	1-2 Drums size dependant	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs	N/A	Gluten, Dairy, Eggs	Dairy	Eggs
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy	Vegetarian	Made without Gluten, Vegetarian	Made without Gluten or Dairy, Vegetarian
January 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
Lunch - Secondary	Potato & Cheese Perogies	Vegetable Stirfry	Turkey Sausage, Potato, Vegetable Hash	Cheese, Bean & Veg Quesadilla	Chicken Fajita Casserole
Portion Size	4 perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 unit each	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy	N/A	N/A	Gluten, Dairy	Gluten, Dairy, Eggs
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy, Vegetarian	Made without Gluten or Dairy	Vegetarian	
January 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	24
Lunch - Secondary	Beef Bolognese + Penne	Roasted Chicken Drum, Steamed Vegetables	Vegetarian Chow Mein	Chicken Cacciatore + Rice	Veggie Lasagna
Portion Size	1 pan = 20-25 portions	1-2 Drums size dependant	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs	N/A	Gluten, Eggs	N/A	Gluten, Dairy, Eggs
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy	Made without Dairy, Vegetarian	Made without Gluten or Dairy	Vegetarian
January 27-31	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30	31
Lunch - Secondary	Potato & Cheese Perogies	Vegetable Curry & Rice	Weiners (Beef) + Beans	Mac & Cheese	Shepards Pie (Beef)
Portion Size	4 perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy	N/A	Gluten	Gluten, Dairy, Eggs	Dairy
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy, Vegetarian	Made without Dairy	Vegetarian	Made without Gluten

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