

Winter Allergy Menu 2025

December / January / February



| Meal | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Week 1 | 12/1, 12/29, 1/26, 2/23 | | | | |
| | 12/2, 12/30, 1/27, 2/24 | | | | |
| Week 2 | 12/3, 12/31, 1/28, 2/25 | | | | |
| | 12/4, 1/1, 1/29, 2/26 | | | | |
| Week 3 | 12/5, 1/2, 1/30, 2/27 | | | | |
| | 12/8, 1/5, 2/2 | | | | |
| Week 4 | 12/9, 1/6, 2/3 | | | | |
| | 12/10, 1/7, 2/4 | | | | |
| Week 5 | 12/11, 1/8, 2/5 | | | | |
| | 12/12, 1/9, 2/6 | | | | |
| Week 6 | 12/15, 1/12, 2/9 | | | | |
| | 12/16, 1/13, 2/10 | | | | |
| Week 7 | 12/17, 1/14, 2/11 | | | | |
| | 12/18, 1/15, 2/12 | | | | |
| Week 8 | 12/19, 1/16, 2/13 | | | | |
| | 12/22, 1/19, 2/16 | | | | |
| Week 9 | 12/23, 1/20, 2/17 | | | | |
| | 12/24, 1/21, 2/18 | | | | |
| Week 10 | 12/25, 1/22, 2/19 | | | | |
| | 12/26, 1/23, 2/20 | | | | |
| Week 11 | 12/29, 1/26, 2/23 | | | | |
| | 12/30, 1/27, 2/24 | | | | |
| Week 12 | 1/1, 1/29, 2/26 | | | | |
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| Week 13 | 1/5, 2/2 | | | | |
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| Week 14 | 1/7, 2/4 | | | | |
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| Week 15 | 1/9, 2/6 | | | | |
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| Week 16 | 1/13, 2/10 | | | | |
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| Week 18 | 1/19, 2/16 | | | | |
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| Week 20 | 1/23, 2/20 | | | | |
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| Week 24 | 2/4, 2/26 | | | | |
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| Week 25 | 2/6, 2/28 | | | | |
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| Week 26 | 2/8, 2/29 | | | | |
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| Week 27 | 2/12, 3/4 | | | | |
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| Week 28 | 2/14, 3/6 | | | | |
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| Week 29 | 2/16, 3/8 | | | | |
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| Week 30 | 2/18, 3/10 | | | | |
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| Week 100 | 6/10, 7/31 | | | | |
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