

# DAIRY FREE MENU

CENTER NAME : \_\_\_\_\_

May 2026



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1	Breakfast	Grains / Meat / Alt				Yogurt , Flavored	
		Veg/ Fruit				Fresh Fruit, Honeydew Melon	
		Milk				Whole Milk or 1 % Milk	
	Lunch & Supper	Meat / Alt				Flatbread Pizza w/ DF Cheese & Plant Based Topping	
		Grain				WG Flatbread	
		Veg				Broccoli	
Fruit					Peaches		
Milk					1% or Whole Milk		
	Grain				WG Cracker, Churro		
Snack	Fruit				100% Fruit Punch		
			4 MONDAY	5 TUESDAY	6 WEDNESDAY	7 THURSDAY	8 FRIDAY
3	Breakfast	Grains / Meat / Alt	Cereal, Rice Crispies	WG Pancakes	WG Bagel w/ Cream Cheese	WG Muffin, Blueberry	WG Cinnamon French Toast
		Veg/ Fruit	Fresh Fruit, Banana	Fresh Fruit , Apple Slices	Fresh Fruit, Canteloupe	Fresh Fruit, Oranges	Fresh Fruit, Honeydew Melon
		Milk	Whole Milk or 1 % Milk	Whole Milk or 1 % Milk	Whole Milk or 1 % Milk	Whole Milk or 1 % Milk	Whole Milk or 1 % Milk
	Lunch & Supper	Meat / Alt	Spaghetti w/ Beef Marinara	BBQ Chicken Taco	Veggie & Hummus on WG Wrap	Teryaki Beef Bowl	Flatbread Pizza w/ DF Cheese & Plant Based Topping
		Grain	WG Pasta	WG Tortilla	WG Tortilla	Brown Rice	WG Flatbread
		Veg	Vegetable Medley	Sweet Corn	Tossed Salad	Green Beans	Broccoli
Fruit		Pears	Mandarin Oranges	Tropical Fruit Cocktail	Pineapple	Peaches	
Milk		1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	
	Grain	String Cheese & Crackers	Cinnamon Apple Crackers	Cheese Crackers	Chex Mix	WG Cracker, Vanilla	
Snack	Fruit	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	
			11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY	15 FRIDAY
4	Breakfast	Grains / Meat / Alt	Cereal, Cheerio	WG Waffle	WG English Muffin w/ Jelly	WG Muffin, Corn	Yogurt , Flavored
		Veg/ Fruit	Fresh Fruit, Banana	Fresh Fruit , Apple Slices	Fresh Fruit, Canteloupe	Fresh Fruit , Oranges	Fresh Fruit, Honeydew Melon
		Milk	Whole Milk or 1 % Milk	Whole Milk or 1 % Milk	Whole Milk or 1 % Milk	Whole Milk or 1 % Milk	Whole Milk or 1 % Milk
	Lunch & Supper	Meat / Alt	Dairy Free Mac & Cheese	Beef Taco ( Ground Beef )	Honey Mustard Chicken Wrap	Veggie Meatball w/ Veg Gravy	Flatbread Pizza w/ DF Cheese & Plant Based Topping
		Grain	WG Pasta	WG Tortilla	WG Tortilla	WG Egg Noodles	WG Flatbread
		Veg	Vegetable Medley	Sweet Corn	Tossed Salad	Green Beans	Broccoli
Fruit		Pears	Mandarin Oranges	Tropical Fruit Cocktail	Pineapple	Peaches	
Milk		1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	
	Grain	Soft Pretzel w/ Mustard	Sweet Potato Cracker	Graham Crackers	Original Animal Cracker	WG Cracker, Churro	
Snack	Fruit	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	
			18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY	22 FRIDAY
1	Breakfast	Grains / Meat / Alt	Cereal, Corn Flakes	WG Pancakes	WG Bagel w/ Cream Cheese	WG Muffin, Banana	WG Cinnamon French Toast
		Veg/ Fruit	Fresh Fruit, Banana	Fresh Fruit , Apple Slices	Fresh Fruit, Canteloupe	Fresh Fruit, Oranges	Fresh Fruit, Honeydew Melon
		Milk	Whole Milk or 1 % Milk	Whole Milk or 1 % Milk	Whole Milk or 1 % Milk	Whole Milk or 1 % Milk	Whole Milk or 1 % Milk
	Lunch & Supper	Meat / Alt	Dairy Free / Veggie Casserole	BBQ Chicken Taco	Turkey Burger	Chicken & Gravy	Flatbread Pizza w/ DF Cheese & Plant Based Topping
		Grain	WG Pasta	WG Tortilla	WH Hamburger Bun	Brown Rice	WG Flatbread
		Veg	Vegetable Medley	Sweet Corn	Tater Tots	Green Beans	Broccoli
Fruit		Pears	Mandarin Oranges	Tropical Fruit Cocktail	Pineapple	Peaches	
Milk		1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	
	Grain	String Cheese & Crackers	Cinnamon Apple Crackers	Cheese Crackers	Chex Mix	WG Cracker, Vanilla	
Snack	Fruit	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	
			25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY	29 FRIDAY
2	Breakfast	Grains / Meat / Alt	Cereal, Honey Bunches	WG Waffle	WG English Muffin w/ Jelly	WG Muffin, Corn	Yogurt , Flavored
		Veg/ Fruit	Fresh Fruit, Banana	Fresh Fruit , Apple Slices	Fresh Fruit, Canteloupe	Fresh Fruit, Oranges	Fresh Fruit, Honeydew Melon
		Milk	Whole Milk or 1 % Milk	Whole Milk or 1 % Milk	Whole Milk or 1 % Milk	Whole Milk or 1 % Milk	Whole Milk or 1 % Milk
	Lunch & Supper	Meat / Alt	Meatball Sub ( Veggie Meatballs & DF Mozzarella )	Beef Taco ( Ground Beef )	Turkey & Dairy Free Cheese	Sweet & Sour Chicken	Flatbread Pizza w/ DF Cheese & Plant Based Topping
		Grain	WG Dinner Roll	WG Tortilla	WG Tortilla	Brown Rice	WG Flatbread
		Veg	Vegetable Medley	Sweet Corn	Tossed Salad	Green Beans	Broccoli
Fruit		Pears	Mandarin Oranges	Tropical Fruit Cocktail	Pineapple	Peaches	
Milk		1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	
	Grain	Soft Pretzel w/ Mustard	Sweet Potato Cracker	Graham Crackers	Original Animal Cracker	WG Cracker, Churro	
Snack	Fruit	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	