



**DAIRY FREE MENU**

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

July 2026



		MONDAY	TUESDAY	1 WEDNESDAY	2 THURSDAY	3 FRIDAY	
<b>3</b>	<b>Breakfast</b>	Grains / Meat / Alt			WG Bagel w/ Cream Cheese	WG Muffin, Blueberry	WG Cinnamon French Toast
		Veg/ Fruit			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
<b>Lunch &amp; Supper</b>	Meat / Alt			Veggie & Hummus on WG Wrap	Teryaki Beef Bowl	Flatbread Pizza w/ DF Cheese & Plant Based Topping	
	Grain			WG Tortilla	Brown Rice	WG Flatbread	
	Veg			Tossed Salad	Green Beans	Broccoli	
	Fruit			Tropical Fruit Cocktail	Pineapple	Peaches	
<b>Snack</b>	Milk			1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	
	Grain			Cheese Crackers	Chex Mix	WG Cracker, Vanilla	
	Fruit			100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	
		6 MONDAY	7 TUESDAY	8 WEDNESDAY	9 THURSDAY	10 FRIDAY	
<b>4</b>	<b>Breakfast</b>	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
<b>Lunch &amp; Supper</b>	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	
<b>Snack</b>	Grain	Soft Pretzel w/ Mustard	Sweet Potato Cracker	Graham Crackers	Original Animal Cracker	WG Cracker, Churro	
	Fruit	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	
		13 MONDAY	14 TUESDAY	15 WEDNESDAY	16 THURSDAY	17 FRIDAY	
<b>1</b>	<b>Breakfast</b>	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
<b>Lunch &amp; Supper</b>	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	
<b>Snack</b>	Grain	String Cheese & Crackers	Cinnamon Apple Crackers	Cheese Crackers	Chex Mix	WG Cracker, Vanilla	
	Fruit	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	
		20 MONDAY	21 TUESDAY	22 WEDNESDAY	23 THURSDAY	24 FRIDAY	
<b>2</b>	<b>Breakfast</b>	Grains / Meat / Alt	Cereal, Honey Bunches	WG Waffle	WG Waffle	(W) Muffin, Corn	Yogurt , Flavored
		Veg/ Fruit	Fresh Fruit, Banana	Fresh Fruit , Apple Slices	Fresh Fruit , Apple Slices	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
<b>Lunch &amp; Supper</b>	Meat / Alt	Meatball Sub ( Veggie Meatballs & DF Mozzarella )	Beef Taco ( Ground Beef )	Beef Taco ( Ground Beef )	Sweet & Sour Chick'n	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	Sweet Corn	Green Beans	Broccoli	
	Fruit	Pears	Mandarin Oranges	Mandarin Oranges	Pineapple	Peaches	
	Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	
<b>Snack</b>	Grain	Soft Pretzel w/ Mustard	Sweet Potato Cracker	Sweet Potato Cracker	(W) Original Animal Cracker	WG Cracker, Churro	
	Fruit	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	
		27 MONDAY	28 TUESDAY	29 WEDNESDAY	30 THURSDAY	31 FRIDAY	
<b>3</b>	<b>Breakfast</b>	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
<b>Lunch &amp; Supper</b>	Meat / Alt	Spaghetti w/ Beef Marinara	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	
<b>Snack</b>	Grain	String Cheese & Crackers	Cinnamon Apple Crackers	Cheese Crackers	Chex Mix	WG Cracker, Vanilla	
	Fruit	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	

