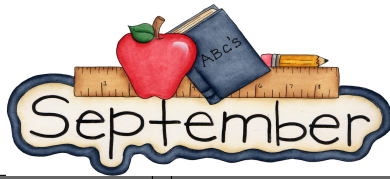




STANDARD MENU

DAIRY FREE MENU



CENTER NAME : _____

		MONDAY		1	TUESDAY		2	WEDNESDAY		3	THURSDAY		4	FRIDAY				
Breakfast	Grains / Meat				Pancakes			WG English Muffin w/ Jelly			Cereal, Cheerio			Yogurt , Flavored				
	Veg/ Fruit				Fresh Fruit , Apple Slices			Fresh Fruit, Canteloupe			Fresh Fruit, Banana			Fresh Fruit, Honeydew				
	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				Plant based Beef Taco (Ground Beef)			Veggie & Hummus Wrap			Chick'n Sliders			Dairy Free Cheese Pizza				
	Grain				WG Tortilla			WG Tortilla			WG Rolls			WG Flatbread				
	Veg				Sweet Corn			Garden Salad			Green Beans			Broccoli				
	Fruit				Mandarin Oranges			Tropical Fruit Cocktail			Pineapple			Peaches				
	Milk				1% or Whole Milk			1% or Whole Milk			1% or Whole Milk			1% or Whole Milk				
Snack	Grain				Cheese Sandwich Crackers			Goldfish Graham Crackers			Original Animal Cracker			WG Cracker, Churro				
	Fruit				100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch				
			7	MONDAY		8	TUESDAY		9	WEDNESDAY		10	THURSDAY		11	FRIDAY		
Breakfast	Grains / Meat				WG Muffin, Banana			Waffles			WG Bagel w/ Cream Cheese			Cereal, Corn Flakes			Yogurt , Flavored	
	Veg/ Fruit				Fresh Fruit, Oranges			Fresh Fruit , Apple Slices			Fresh Fruit, Canteloupe			Fresh Fruit, Banana			Fresh Fruit, Honeydew	
	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				CLOSED : LABOR DAY			Veggie Burge			Plant Based Cheesteak Slider			Teryaki Chick'n			Dairy Free Cheese Pizza	
	Grain						WG Hamburger Bun			WG Rolls			Brown Rice			WG Flatbread		
	Veg						Tater Tots			Mixed Vegetable			Green Beans			Broccoli		
	Fruit						Mandarin Oranges			Tropical Fruit Cocktail			Pineapple			Peaches		
	Milk						1% or Whole Milk			1% or Whole Milk			1% or Whole Milk			1% or Whole Milk		
Snack	Grain				String Cheese & Crackers			Goldfish Cheese Crackers			Sweet Potato Crackers			Chex Mix			WG Cracker, Vanilla	
	Fruit				100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch	
			14	MONDAY		15	TUESDAY		16	WEDNESDAY		17	THURSDAY		18	FRIDAY		
Breakfast	Grains / Meat				WG Muffin, Cinnamon Apple			Pancakes			WG English Muffin w/ Jelly			Cereal, Honey Bunches			Yogurt , Flavored	
	Veg/ Fruit				Fresh Fruit, Oranges			Fresh Fruit , Apple Slices			Fresh Fruit, Canteloupe			Fresh Fruit, Banana			Fresh Fruit, Honeydew	
	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/ Plant Based Beef Marinara			Plant Based Beef Taco (Ground Beef)			Veggie & Hummus Wrap			Veggie Casserole			Dairy Free Cheese Pizza	
	Grain				WG Pasta			WG Tortilla			WG Tortilla			Brown Rice			WG Flatbread	
	Veg				Vegetable Medley			Sweet Corn			Garden 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	
Snack	Grain				Soft Pretzel w/ Mustard			Cheese Sandwich Crackers			Goldfish Graham Crackers			Original Animal Cracker			WG Cracker, Churro	
	Fruit				100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch	
			21	MONDAY		22	TUESDAY		23	WEDNESDAY		24	THURSDAY		25	FRIDAY		
Breakfast	Grains / Meat				WG Muffin, Blueberry			Cinnamon French Toast Sticks			WG Bagel w/ Cream Cheese			Cereal, Rice Crispies			Yogurt , Flavored	
	Veg/ Fruit				Fresh Fruit, Oranges			Fresh Fruit , Apple Slices			Fresh Fruit, Canteloupe			Fresh Fruit, Banana			Fresh Fruit, Honeydew	
	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				Mac & Cheese			Veggie Burger w/ Cheese Option			Ranch Chick'n Snack Wrap			BBQ Chick'n			Dairy Free Cheese Pizza	
	Grain				WG Pasta			WG Hamburger Bun			WG Tortilla			WG Butttered Noodles			WG Flatbread	
	Veg				Vegetable Medley			Tater Tots			Garden 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	
Snack	Grain				String Cheese & Crackers			Goldfish Cheese Crackers			Sweet Potato Crackers			Chex Mix			WG Cracker, Vanilla	
	Fruit				100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch	
			28	MONDAY		29	TUESDAY		30	WEDNESDAY		31	THURSDAY		30	FRIDAY		
Breakfast	Grains / Meat				WG Muffin, Corn			Pancakes			WG English Muffin w/ Jelly							
	Veg/ Fruit				Fresh Fruit , Oranges			Fresh Fruit , Apple Slices			Fresh Fruit, Canteloupe							
	Milk				Whole Milk or 1 % Milk			Whole Milk or 1 % Milk			Whole Milk or 1 % Milk							
Lunch & Supper	Meat / Alt				Spaghetti w/ Plant Based Beef Marinara			Plant Based Beef Taco (Ground Beef)			Veggie & Hummus Wrap							
	Grain				WG Pasta			WG Tortilla			WG Tortilla							
	Veg				Vegetable Medley			Sweet Corn			Garden Salad							
	Fruit				Pears			Mandarin Oranges			Tropical Fruit Cocktail							
	Milk				1% or Whole Milk			1% or Whole Milk			1% or Whole Milk							
Snack	Grain				Soft Pretzel w/ Mustard			Cheese Sandwich Crackers			Goldfish Graham Crackers							
	Fruit				100% Fruit Punch			100% Fruit Punch			100% Fruit Punch							