



CENTER NAME : _____

STANDARD MENU

DAIRY FREE MENU

		MONDAY		TUESDAY		WEDNESDAY		1	THURSDAY		2	FRIDAY				
4	Breakfast	Grains / Meat							Cereal, Cheerio			Cereal, Cheerio				
		Veg/ Fruit							Fresh Fruit, Banana			Fresh Fruit, Honeydew				
		Milk							Whole Milk or 1 % Milk			Whole Milk or 1 % Milk				
	Lunch & Supper	Meat / Alt							BBQ Chicken Sliders w/ No Cheese			Flatbread Pizza w/ Dairy Free Cheese				
		Grain							WG Rolls			WG Flatbread				
		Veg							Green Beans			Broccoli				
		Fruit							Pineapple			Peaches				
		Milk							1% or Whole Milk			1% or Whole Milk				
	Snack	Grain							Original Animal Cracker			WG Cracker, Churro				
		Fruit							100% Fruit Punch			100% Fruit Punch				
		5	MONDAY		6	TUESDAY		7	WEDNESDAY		8	THURSDAY		9	FRIDAY	
1	Breakfast	Grains / Meat	WG Muffin, Banana			Waffles			WG Bagel w/ Jelly			Cereal, Corn Flakes			Cereal, Corn Flakes	
		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	Beef Meatball w/ Veggie Gravy			Fish Fillet or Chicken Sandwich (if Fish Free)			TurkeyHam & Dairy Free Cheese Wrap			Teryaki Chicken			Flatbread Pizza w/ Dairy Free Cheese	
		Grain	WG Pasta			WG Hamburger Bun			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	WG Cracker, Churro			Goldfish Cheese Crackers			Strawberry Graham Crackers			Chex Mix			WG Cracker, Vanilla	
		Fruit	100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch	
		12	MONDAY		13	TUESDAY		14	WEDNESDAY		15	THURSDAY		16	FRIDAY	
2	Breakfast	Grains / Meat	WG Muffin, Cinnamon Apple			Pancakes			WG English Muffin w/ Jelly			Cereal, Honey Bunches			Cereal, Honey Bunches	
		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/ Beef Marinara			Beef Taco (Ground Beef)			Turkey & Dairy Free Cheese			Cheesesteak Slider w/ Dairy Free Cheese			Flatbread Pizza w/ Dairy Free Cheese	
		Grain	WG Pasta			WG Tortilla			WG Tortilla			WG Rolls			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			Granola 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	
		19	MONDAY		20	TUESDAY		21	WEDNESDAY		22	THURSDAY		23	FRIDAY	
3	Breakfast	Grains / Meat	WG Muffin, Blueberry			Cinnamon French Toast Sticks			WG Bagel w/ Jelly			Cereal, Rice Crispies			Cereal, Rice Crispies	
		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	Dairy Free Mac & Cheese			Beef Burger			Chicken Snack Wrap w/ Vegan Mayo & Dairy Free			General Tso Chicken Drumsticks			Flatbread Pizza w/ Dairy Free Cheese	
		Grain	WG Pasta			WG Hamburger Bun			WG Tortilla			WG Buttered 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	WG Cracker, Churro			Goldfish Cheese Crackers			Strawberry Graham Crackers			Chex Mix			WG Cracker, Vanilla	
		Fruit	100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch	
		26	MONDAY		27	TUESDAY		28	WEDNESDAY		29	THURSDAY		30	FRIDAY	
4	Breakfast	Grains / Meat	WG Muffin, Corn			Pancakes			WG English Muffin w/ Jelly			Cereal, Cheerio			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/ Beef Marinara			Beef Taco w/ No Cheese (Ground Beef)			Tuna Salad or Chicken Salad (if Fish Free)			BBQ Chicken Sliders w/ No Cheese			Flatbread Pizza w/ Dairy Free Cheese	
		Grain	WG Pasta			WG Tortilla			WG Tortilla			WG Rolls			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			Granola 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	