

Pre K 4 SA Menu - DAIRY FREE



	Monday	Tuesday	Wednesday	Thursday	Friday
	August 29, 2022	August 30, 2022	August 31, 2022	September 1st, 2022	September 2nd, 2022
BREAKFAST	DF French Toast Sticks 3 each Apple Slices w/cinnamon 1/2 cup Milk** 1 each Syrup 1 each	DF Breakfast Pizza 1 each Spiced Pears 1/2 cup Milk** 1 each	Dairy Free Applesauce Muffin 1 each Orange Wedges 4 each Milk** 1 each	Bagel Sandwich 1 each Turkey & Dairy Free Cheese 1 oz. Fresh Apple 1 each Milk** 1 each	Cereal Bowl 1 each Fresh Banana 1 each Milk** 1 each
LUNCH	Chicken Flauta 1 each Pinto Beans 1/4 cup Mexicali Corn 1/4 cup Tropical Fruit Cup 1 each Milk** 1 each	Teriyaki Chicken 1/2 cup Cilantro Rice 1/4 cup Steamed Broccoli 1/4 cup Mandarin Oranges 1/4 cup Milk** 1 each	DF Italian Lasagna 1 each Garlic Bread Stick 1/2 each Normandy Blend Vegetables 1/4 cup Fresh Pear 1 each Milk** 1 each	DF Meatball Sub 1 each Potato Tots 1/4 cup Peach Cup 1 each Milk** 1 each Ketchup 1 each	DF BBQ Chicken Salad 1 each Whole Grain Roll 1 oz. Beans Corn & Tomatoes 1/4 cup Tropical Fruit Cup 1 each Milk** 1 each DF Ranch Dressing 1 each
SNACK	Dairy Free Crackers* 1 oz. Applesauce Cup 4 oz.	Dairy Free Cheese & Turkey 1 oz. Fresh Pear 1 each	Dairy Free Yogurt 4 oz. DF Granola 1 oz.	Multigrain Cheerios 1 oz. 100% Orange Juice 4 oz.	Black Bean Dip 2 oz. Whole Grain Tortilla Chips 1 oz.

	Monday	Tuesday	Wednesday	Thursday	Friday
	September 5th, 2022	September 6th, 2022	September 7th, 2022	September 8th, 2022	September 9th, 2022
BREAKFAST	Holiday	Cereal Bowl 1 each Orange Wedges 4 ea. Milk** 1 each	English Muffin Sandwich 1 each Egg & Dairy Free Cheese 2 oz. Peaches 1/2 cup Milk** 1 each	Dairy Free Pancake 1 each Turkey Sausage Link 1 each Applesauce 1/2 cup Milk** 1 each Syrup 1 each	Dairy Free Bagel 1 each Jelly 1 each Fresh Banana 1 each Milk** 1 each
LUNCH	Holiday	Chicken Tenders 3 each Brown Rice 1/4 cup Normandy Blend Vegetables 1/4 cup Mixed Fruit Cup 1 each Milk** 1 each Ketchup 1 each	Turkey Chili 1/2 cup DF Cornbread Muffin 1 each Mixed Vegetables 1/4 cup Applesauce 1/4 cup Milk** 1 each	DF Chicken Fajita Taco 1 each 6" Tortilla 1 each Broccoli 1/4 cup Pear Fruit Cup 1 each Milk** 1 each	DF Basil Chicken Salad 1 each Penne Pasta 1/4 cup Baby Carrots 1/2 cup Fresh Apple 1 each Milk** 1 each DF Ranch Dressing 1 each
SNACK	Holiday	Dairy Free Yogurt Cup 4 oz. Fresh Pear 1 each	Baby Carrots 1/2 cup Plain Sun Chips 1 oz.	100% Fruit Punch Juice 4 oz. Dairy Free Crackers 1/2 cup	Dairy Free Crackers 1 oz. Dairy Free Cheese & Turkey 1 oz.

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