

# Pre K 4 SA Menu - DAIRY FREE



	Monday October 11, 2021	Tuesday October 12, 2021	Wednesday October 13, 2021	Thursday October 14, 2021	Friday October 15, 2021
<b>Week 3</b>					
<b>BREAKFAST</b>	No School Parent - Teacher Conferences	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
<b>LUNCH</b>	No School Parent - Teacher Conferences	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 Pizza Lunchable 1 each DF Crackers 1 oz. Baby Carrots 1/2 cup Mixed Fruit Cup 1 each Milk** 1 each DF Ranch Dressing 1 each
<b>SNACK</b>	No School Parent - Teacher Conferences	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 October 18, 2021	Tuesday October 19, 2021	Wednesday October 20, 2021	Thursday October 21, 2021	Friday October 22, 2021
<b>Week 4</b>					
<b>BREAKFAST</b>	Dairy Free Biscuit 1 each Apple Slices w/cinnamon 1/2 cup Milk** 1 each Jelly 1 each	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
<b>LUNCH</b>	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	Oven Baked Chicken 1 each Whole Grain Roll 1 each DF Mashed Potatoes 1/4 cup Pineapple 1/4 cup Milk** 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	Chicken Deli Sandwich 1 each Baby Carrots 1/2 cup Mandarin Orange Fruit Cup 1 each Milk** 1 each DF Ranch Dressing 1 each
<b>SNACK</b>	Strawberry Applesauce Cup 4 oz. DF Graham Crackers 1 oz.	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.

\*\*Dairy Free Milk

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