



Menu ingredients subject to change based on availability and/or *holiday.

DECEMBER 2022

DAIRY FREE DIET



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
B:Dairy Free Waffle, Turkey Sausage Link, Applesauce, Milk**, Syrup
L:DF Chicken Fajita Taco, 6" WG Tortilla, Broccoli, Orange Wedges, Milk**
S \ EDS:100% Fruit Punch Juice, DF Crackers \ Tropical Fruit Cup, DF Crackers

2
B:DF Bagel, Jelly, Fresh Banana, Milk**
L:DF Basil Pasta Chicken Salad, Penne Pasta, Baby Carrots, Fresh Apple, Milk**, DF Ranch Dressing
S \ EDS:DF Crackers, DF Cheese & Turkey \ Applesauce Cup, DF Cereal Bar

3
B:DF Pancake, Turkey Sausage Link, Apple Slices w/cinnamon, Milk**, Syrup
L:Chicken Pot Pie, Whole Grain DF Biscuit, Peas & Carrots, Fresh Apple, Milk**
S \ EDS:Sun Butter, Fresh Banana \ DF Graham Crackers, Amazing Chick Pea

4
B:DF Blueberry Muffin, Fresh Apple, Milk**
L:Spaghetti w/meat sauce, Whole Grain Pasta, Green Beans, Pear Fruit Cup, Milk**
S \ EDS:100% Grape Juice, DF Crackers \ DF Crackers, DF Cheese & Turkey

5
B:Breakfast Sandwich, Turkey & DF Cheese, Mandarin Orange Cup, Milk**
L:Garlic Chicken Stir Fry, Brown Rice, Roasted Broccoli, Pineapple, Milk**
S \ EDS:Dairy Free Yogurt, DF Applesauce Muffin \ Fresh Golden Apple, Dairy Free Yogurt

6
B:DF Applesauce Muffin, Orange Wedges, Milk**
L:DF Cheese Enchiladas, Spanish Rice, Pinto Beans, Fresh Pear, Milk**
S \ EDS:DF Cheese & Turkey, DF Crackers \ DF Graham Crackers, 100% Fruit Punch Juice

7
B:DF Pancake, Turkey Sausage Link, Apple Slices w/cinnamon, Milk**, Syrup
L:Curry Chicken, Brown Rice, Peas, Pineapple, Milk**
S \ EDS:DF Cheese & Turkey, Fresh Pear \ DF Crackers, Strawberry Applesauce Cup

8
B:DF Breakfast Pizza, Peaches, Milk**
L:Spaghetti w/meat sauce, WG Spagetti Pasta, Zucchini, Applesauce, Milk**
S \ EDS:Multigrain Cheerios, 100% Orange Juice \ Fresh Banana, Jello Cup

9
B:DF Biscuit, Fresh Banana, Milk**, Jelly
L:DF Deli Wrap, 6" WG Tortilla, Lettuce, Carrots, Red Pepper, Fresh Pear, Milk**, DF Ranch Dressing
S \ EDS:DF Popcorn, 100% Apple Juice \ DF Granola Bar, Orange Wedges

10
B:DF Blueberry Muffin, Fresh Apple, Milk**
L:Breaded Chicken Sandwich, Potato Tots, Peaches, Milk**, Ketchup
S \ EDS:DF Crackers, Applesauce Cup \ DF Ginger Bread Cookie, 100% Grape Juice

11
B:DF Pancake, Turkey Sausage Link, Apple Slices w/cinnamon, Milk**, Syrup
L:Curry Chicken, Brown Rice, Peas, Pineapple, Milk**
S \ EDS:DF Cheese & Turkey, Fresh Pear \ DF Crackers, Strawberry Applesauce Cup

12
B:DF Applesauce Muffin, Orange Wedges, Milk**
L:DF Cheese Enchiladas, Spanish Rice, Pinto Beans, Fresh Pear, Milk**
S \ EDS:DF Cheese & Turkey, DF Crackers \ DF Graham Crackers, 100% Fruit Punch Juice

13
B:DF Breakfast Pizza, Peaches, Milk**
L:Spaghetti w/meat sauce, WG Spagetti Pasta, Zucchini, Applesauce, Milk**
S \ EDS:Multigrain Cheerios, 100% Orange Juice \ Fresh Banana, Jello Cup

14
B:DF Biscuit, Fresh Banana, Milk**, Jelly
L:DF Deli Wrap, 6" WG Tortilla, Lettuce, Carrots, Red Pepper, Fresh Pear, Milk**, DF Ranch Dressing
S \ EDS:DF Popcorn, 100% Apple Juice \ DF Granola Bar, Orange Wedges

15
B:DF Blueberry Muffin, Fresh Apple, Milk**
L:Breaded Chicken Sandwich, Potato Tots, Peaches, Milk**, Ketchup
S \ EDS:DF Crackers, Applesauce Cup \ DF Ginger Bread Cookie, 100% Grape Juice

16
B:Breakfast Sandwich, Turkey & DF Cheese, Mandarin Orange Cup, Milk**
L:Garlic Chicken Stir Fry, Brown Rice, Roasted Broccoli, Pineapple, Milk**
S \ EDS:Dairy Free Yogurt, DF Applesauce Muffin \ Fresh Golden Apple, Dairy Free Yogurt

17
B:DF Applesauce Muffin, Orange Wedges, Milk**
L:DF Cheese Enchiladas, Spanish Rice, Pinto Beans, Fresh Pear, Milk**
S \ EDS:DF Cheese & Turkey, DF Crackers \ DF Graham Crackers, 100% Fruit Punch Juice

18
B:DF Breakfast Pizza, Peaches, Milk**
L:Spaghetti w/meat sauce, WG Spagetti Pasta, Zucchini, Applesauce, Milk**
S \ EDS:Multigrain Cheerios, 100% Orange Juice \ Fresh Banana, Jello Cup

19
B:DF Biscuit, Fresh Banana, Milk**, Jelly
L:DF Deli Wrap, 6" WG Tortilla, Lettuce, Carrots, Red Pepper, Fresh Pear, Milk**, DF Ranch Dressing
S \ EDS:DF Popcorn, 100% Apple Juice \ DF Granola Bar, Orange Wedges

20
B:DF Blueberry Muffin, Fresh Apple, Milk**
L:Breaded Chicken Sandwich, Potato Tots, Peaches, Milk**, Ketchup
S \ EDS:DF Crackers, Applesauce Cup \ DF Ginger Bread Cookie, 100% Grape Juice

21
B:Breakfast Sandwich, Turkey & DF Cheese, Mandarin Orange Cup, Milk**
L:Garlic Chicken Stir Fry, Brown Rice, Roasted Broccoli, Pineapple, Milk**
S \ EDS:Dairy Free Yogurt, DF Applesauce Muffin \ Fresh Golden Apple, Dairy Free Yogurt

22
B:DF Applesauce Muffin, Orange Wedges, Milk**
L:DF Cheese Enchiladas, Spanish Rice, Pinto Beans, Fresh Pear, Milk**
S \ EDS:DF Cheese & Turkey, DF Crackers \ DF Graham Crackers, 100% Fruit Punch Juice

23
B:DF Breakfast Pizza, Peaches, Milk**
L:Spaghetti w/meat sauce, WG Spagetti Pasta, Zucchini, Applesauce, Milk**
S \ EDS:Multigrain Cheerios, 100% Orange Juice \ Fresh Banana, Jello Cup

24
B:DF Biscuit, Fresh Banana, Milk**, Jelly
L:DF Deli Wrap, 6" WG Tortilla, Lettuce, Carrots, Red Pepper, Fresh Pear, Milk**, DF Ranch Dressing
S \ EDS:DF Popcorn, 100% Apple Juice \ DF Granola Bar, Orange Wedges

25
B:DF Blueberry Muffin, Fresh Apple, Milk**
L:Breaded Chicken Sandwich, Potato Tots, Peaches, Milk**, Ketchup
S \ EDS:DF Crackers, Applesauce Cup \ DF Ginger Bread Cookie, 100% Grape Juice

26
B:Breakfast Sandwich, Turkey & DF Cheese, Mandarin Orange Cup, Milk**
L:Garlic Chicken Stir Fry, Brown Rice, Roasted Broccoli, Pineapple, Milk**
S \ EDS:Dairy Free Yogurt, DF Applesauce Muffin \ Fresh Golden Apple, Dairy Free Yogurt

27
B:DF Applesauce Muffin, Orange Wedges, Milk**
L:DF Cheese Enchiladas, Spanish Rice, Pinto Beans, Fresh Pear, Milk**
S \ EDS:DF Cheese & Turkey, DF Crackers \ DF Graham Crackers, 100% Fruit Punch Juice

28
B:DF Breakfast Pizza, Peaches, Milk**
L:Spaghetti w/meat sauce, WG Spagetti Pasta, Zucchini, Applesauce, Milk**
S \ EDS:Multigrain Cheerios, 100% Orange Juice \ Fresh Banana, Jello Cup

29
B:DF Biscuit, Fresh Banana, Milk**, Jelly
L:DF Deli Wrap, 6" WG Tortilla, Lettuce, Carrots, Red Pepper, Fresh Pear, Milk**, DF Ranch Dressing
S \ EDS:DF Popcorn, 100% Apple Juice \ DF Granola Bar, Orange Wedges

30
B:Breakfast Menu
L:Lunch Menu
S:Snack Menu
EDS: Extended Day Snack Menu

NO SCHOOL Winter Break

NO SCHOOL Winter Break

