



## GENERAL DIET

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> B: Biscuit Sandwich, Egg & Cheese, Fresh Banana, Milk L: Fish Nuggets, Macaroni & Cheese, Roasted Broccoli, Fresh Apple, Milk S: Strawberry Banana Yogurt Cup, Granola EDS: 100% Apple Juice, Apple Cinnamon Bear Grahams	<b>2</b> B: Breakfast Pizza, Mixed Fruit Cup, Milk L: Cheese Ravioli, Pasta Sauce, Zucchini, Applesauce, Milk S: Multigrain Cheerios, 100% Orange Tangerine Juice EDS: Fresh Banana, Jello Cup	<b>3</b> B: Cereal Corn Chex, Orange Wedges, Milk L: Garden Salad w/Grilled Chicken, Spring Mix, Shredded Carrots, Tropical Fruit Cup, Milk, Honey Mustard Dressing S: Black Bean Dip, WG Baked Tortilla Chips EDS: Fresh Apple, Nutri Grain Bar
<b>6</b> B: Blueberry Muffin, Fresh Apple, Milk L: Bean & Cheese Burrito, Mexicali Corn, Mixed Berries, Milk S: Strawberry Applesauce Cup, WG EDS: Graham Crackers Vanilla Yogurt Cup, Fresh Pear	<b>7</b> B: French Toast Sticks, Mandarin Orange Cup, Milk, Syrup L: Spaghetti & Meatballs, Pasta Sauce, Whole Grain Pasta, Green Beans, Peach Cup, Milk S: Strawberry Banana Yogurt, Fresh EDS: Banana WG Cheez-its Crackers, 100% Grape Juice	<b>8</b> B: Apple Cinnamon Oatmeal, Applesauce Cup, Craisins/Raisins, Milk L: Turkey Burger w/Bun, Sliced Cheese, Potato Tots, Mixed Fruit, Milk S: Baby Carrots, Hummus EDS: Fresh Apple, Whole Grain Graham Crackers	<b>9</b> B: English Muffin Sandwich, Turkey & Cheese, Orange Wedges, Milk L: Fajita Chicken w/squash, corn, & peppers, Spanish Rice, Apple Slices w/cinnamon, Milk S: 100% Fruit Punch Juice, Cheddar EDS: Goldfish Crackers Tropical Fruit Cup, Animal Crackers	<b>10</b> B: Cereal Bowl Cheerios, Fresh Banana, Milk L: Thai Chicken Salad, Cilantro Lime Rice, Spring Mix, Orange Wedges, Thai Dressing, Milk S: Traditional Chex Mix, 100% Apple Juice EDS: Applesauce Cup, Cereal Bar	
<b>13</b> B: Banana Bread, Fresh Apple, Milk L: Cheese Pizza, Glazed Carrots, Pineapple, Milk S: 100% Grape Juice, Apple Cinnamon EDS: Bear Cracker Baby Carrots, Hummus	<b>14</b> B: Cereal Bowl Corn Chex, Orange Wedges, Milk L: Chicken Penne Alfredo, Broccoli, Peaches, Milk S: Sun Butter Sandwich EDS: Amazing Chick Pea, WG Graham Crackers	<b>15</b> B: Croissant Sandwich, Egg & Cheese, Diced Peach Cup, Milk L: Turkey w/Gravy, Whole Grain Roll, Cauliflower Mash Potatoes, Apple Crisp, Milk S: 100% Fruit Punch Juice, WG Crackers EDS: Vanilla Yogurt Cup, Banana	<b>16</b> B: Pancakes, Turkey Sausage Link, Applesauce Cup, Milk, Syrup L: Macaroni & Cheese, Popcorn Chicken, Green Beans, Fresh Apple, Milk S: Turkey & Cheese Wrap EDS: WG Cheddar Goldfish, 100% Fruit Punch Juice	<b>17</b> B: Bagel, Cream Cheese, Fresh Banana, Milk, Jelly L: Fiesta Corn Salad, Brown Rice, Spinach, Orange Wedges, Milk S: WG Dino Bite Crackers, 100% Apple Juice EDS: Granola Bar, Orange Wedges	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	
<b>27</b> B: Biscuit, Apple Slices w/cinnamon, Milk, Jelly L: Chicken Tenders, Brown Rice, Normandy Blend Vegetable, Mixed Fruit Cup, Milk, Ketchup S: Strawberry Applesauce Cup, WG Graham Crackers EDS: Vanilla Yogurt Cup, Fresh Pear	<b>28</b> B: Cereal Bowl Multi. Cheerios, Orange Wedges, Milk L: Oven Baked Chicken, Whole Grain Roll, Cauliflower Mashed Potatoes, Pineapple, Milk S: Strawberry Banana Yogurt, Fresh Banana EDS: WG Cheez-its Crackers, Grape Juice	<b>29</b> B: English Muffin Sandwich, Egg & Cheese, Diced Peach Cup, Milk L: Turkey Chili, Cornbread Muffin, Spinach Salad, Ranch Dressing, Applesauce Cup, Milk S: Baby Carrots, Hummus EDS: Fresh Apple, Whole Grain Graham Crackers	<b>30</b> B: Waffles, Turkey Sausage Link, Applesauce Cup, Milk, Syrup L: Chicken Fajita Taco, 6" WG Tortilla, Mexicali Corn, Orange Wedges, Milk S: 100% Fruit Punch Juice, Cheddar Goldfish Crackers EDS: Tropical Fruit Cup, Animal Crackers		



## DAIRY FREE DIET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> B: Biscuit Sandwich, Egg & DF Cheese, Fresh Banana, Milk** L: Fish Nuggets, DF Macaroni & Cheese, Roasted Broccoli, Sliced Apple, Milk**, Ketchup S: DF Yogurt, DF Granola EDS: DF Graham Crackers, 100% Apple Juice	<b>2</b> B: DF Breakfast Pizza, Mixed Fruit Cup, Milk** L: Spaghetti w/meat sauce, WG Spaghetti Pasta, Zucchini, Applesauce, Milk** S: Multigrain Cheerios, 100% Orange Tangerine Juice EDS: Fresh Banana, Jello Cup	<b>3</b> B: Cereal Bowl, Orange Wedges, Milk** L: Garden Salad w/Grilled Chicken, Spring Mix, Shredded Carrots, Tropical Fruit Cup, Milk**, Honey Mustard S: Black Bean Dip, WG Baked Tortilla Chips EDS: Fresh Apple, DF Sun Butter Bar
<b>6</b> B: DF Blueberry Muffin, Fresh Apple, Milk** L: Bean Burrito, Mexicali Corn, Mixed Berries, Milk** S: Strawberry Applesauce Cup, WG DF Graham Crackers EDS: DF Yogurt Cup, Fresh Pear	<b>7</b> B: DF French Toast Sticks, Mandarin Orange Cup, Milk**, Syrup L: Spaghetti w/meat sauce, Ground Turkey, Whole Grain Pasta, Green Beans, Peach Cup, Milk** S: DF Yogurt Cup, Fresh Banana EDS: DF Crackers, 100% Grape Juice	<b>8</b> B: Apple Cinnamon Oatmeal, Applesauce Cup, Craisins/Raisins, Milk** L: Turkey Burger w/Bun, Sliced DF Cheese, Potato Tots, Mixed Fruit, Milk**, Ketchup S: Hummus, Baby Carrots EDS: Fresh Apple, DF Graham Crackers	<b>9</b> B: English Muffin Sandwich, Turkey & DF Cheese, Orange Wedges, Milk** L: Fajita Chicken w/squash, corn, & peppers, Spanish Rice, Apple Slices w/cinnamon, Milk** S: 100% Fruit Punch Juice, DF Crackers EDS: Tropical Fruit Cup, DF Animal Crackers	<b>10</b> B: Cereal Bowl, Fresh Banana, Milk** L: Thai Chicken Salad, Cilantro Lime Rice, Spring Mix, Orange Wedges, Milk**, Thai Dressing S: DF Crackers, 100% Apple Juice EDS: Applesauce Cup, DF Cereal Bar
<b>13</b> B: DF Banana Bread, Fresh Apple, Milk** L: DF Turkey Pizza, Glazed Carrots, Pineapple, Milk** S: 100% Grape Juice, Apple Cinnamon Bear Crackers EDS: Hummus, Baby Carrots	<b>14</b> B: Cereal Bowl, Orange Wedges, Milk** L: Chicken Penne w/ Marinara, Broccoli, Peaches, Milk** S: Sun Butter Sandwich EDS: Amazing Chick Pea, DF Graham Crackers	<b>15</b> B: Breakfast Sandwich, Egg & Dairy Free Cheese, Diced Peach Cup, Milk** L: Turkey w/Gravy, Whole Grain Roll, DF Mash Potatoes, Apple Crisp, Milk** S: 100% Fruit Punch Juice, WG Crackers EDS: Vanilla Yogurt Cup, Banana	<b>16</b> B: DF Pancakes, Turkey Sausage Link, Applesauce Cup, Milk**, Syrup L: Dairy Free Mac & Cheese, Grilled Nuggets, Green Beans, Fresh Apple, Milk**, Ketchup S: Turkey Wrap EDS: WG Cheddar Goldfish, 100%Fruit Punch Juice	<b>17</b> B: DF Bagel, Jelly, Fresh Banana, Milk** L: Fiesta Corn Salad, Brown Rice, Spinach, Orange Wedges, Milk**, DF Ranch Dressing S: WG Dino Bite Crackers, 100% Apple Juice EDS: DF Granola Bar, Orange Wedges
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>27</b> B: DF Biscuit, Apple Slices w/cinnamon, Milk**, Jelly L: Chicken Tenders, Brown Rice, Normandy Blend Vegetables, Mixed Fruit Cup, Milk**, Ketchup S: Strawberry Applesauce Cup, DF Graham Crackers EDS: DF Yogurt Cup, Fresh Pear	<b>28</b> B: Cereal Bowl, Orange Wedges, Milk** L: Oven Baked Chicken, Whole Grain Roll DF Mashed Potatoes, Pineapple, Milk** S: Dairy Free Yogurt Fresh Banana EDS: DF Crackers, Grape Juice	<b>29</b> B: English Muffin Sandwich, Egg & DF Cheese, Diced Peach Cup, Milk** L: Turkey Chili, DF Cornbread Muffin, Spinach Salad, Ranch Dressing Applesauce Cup, Milk** S: Baby Carrots, Hummus EDS: Fresh Apple, DF Graham Crackers	<b>30</b> B: DF Waffles, Turkey Sausage Link, Applesauce Cup, Milk**, Syrup L: DF Chicken Fajita Taco, 6" Tortilla, Mexicali Corn, Orange Wedges, Milk** S: 100% Fruit Punch Juice, DF Crackers EDS: Tropical Fruit Cup, DF Animal Crackers	



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> B: GF Biscuit Sandwich, Egg & Cheese, Fresh Banana, Milk L: GF Fish Nuggets, GF Macaroni & Cheese, Roasted Broccoli, Fresh Apple, Milk, Ketchup S: Strawberry Banana Yogurt Cup, GF Cereal EDS: 100% Apple Juice, GF Graham Crackers	<b>2</b> B: GF Breakfast Pizza, Mixed Fruit Cup, Milk L: GF Spaghetti w/meat sauce, Ground Turkey w/ sauce, GF Pasta, Zucchini, Applesauce, Milk S: GF Multigrain Cheerios, 100% Orange Tangerine Juice EDS: Fresh Banana, Jello Cup	<b>3</b> B: GF Cereal Bowl, Orange Wedges, Milk L: Garden Salad w/Grilled Chicken, Spring Mix, Shredded Carrots, Tropical Fruit Cup, Milk, Honey Mustard Dressing S: Black Bean Dip, GF Crackers EDS: Fresh Apple, GF SunButter Bar
<b>6</b> B: GF Blueberry Muffin, Fresh Apple, Milk L: GF Bean & Cheese Burrito, Mexicali Corn, Mixed Berries, Milk S: Strawberry Applesauce Cup, GF Graham Crackers EDS: Vanilla Yogurt Cup, Fresh Pear	<b>7</b> B: GF French Toast Sticks, Mandarin Orange Cup, Milk, Syrup L: Spaghetti & Meatballs, GF Pasta, Green Beans, Peach Cup, Milk S: Strawberry Banana Yogurt, Fresh Banana EDS: GF Crackers, 100% Grape Juice	<b>8</b> B: Apple Cinnamon GF Oatmeal, Applesauce Cup, Craisins/Raisins, Milk L: Turkey Burger w/GF Bun, Sliced Cheese, Potato Tots, Ketchup, Mixed Fruit, Milk S: Baby Carrots, Hummus EDS: Fresh Apple, GF Crackers	<b>9</b> B: GF English Muffin Sandwich, Turkey & Cheese, Orange Wedges, Milk L: Fajita Chicken w/squash, corn, & peppers, Spanish Rice, Apple Slices w/cinnamon, Milk S: 100% Fruit Punch Juice, GF Crackers EDS: Tropical Fruit Cup, GF Crackers	<b>10</b> B: GF Cereal Bowl, Fresh Banana, Milk L: Thai Chicken Salad, Cilantro Lime Rice, Spring Mix, Orange Wedges, Milk, Ranch Dressing S: Gluten Free Crackers, 100% Apple Juice EDS: Applesauce Cup, GF Cereal Bar
<b>13</b> B: GF Banana Bread, Fresh Apple, Milk L: GF Pizza, Glazed Carrots, Pineapple, Milk S: 100% Grape Juice, GF Crackers EDS: Hummus, Baby Carrots	<b>14</b> B: GF Cereal Bowl, Orange Wedges, Milk L: Chicken & GF Penne Alfredo, Broccoli, Peaches, Milk S: GF Sun Butter Sandwich EDS: Amazing Chick Pea, GF Graham Crackers	<b>15</b> B: GF Breakfast Sandwich, Egg & Cheese, Diced Peach Cup, Milk L: Turkey w/Gravy, GF Roll, Cauliflower Mash Potatoes, Fresh Pear, Milk S: 100% Fruit Punch Juice, GF Crackers EDS: Fresh Banana, Vanilla Yogurt Cup	<b>16</b> B: GF Pancake, Turkey Sausage Link, Applesauce Cup, Milk, Syrup L: GF Macaroni & Cheese, Grilled Chicken Nuggets, Green Beans, Fresh Apple, Milk, Ketchup S: GF Turkey & Cheese Wrap EDS: GF Crackers, 100% Fruit Punch Juice	<b>17</b> B: GF Bagel, Cream Cheese, Fresh Banana, Milk L: Fiesta Corn Salad Bowl, Brown Rice, Spinach, Orange Wedges, Milk, Ranch Dressing S: GF Crackers, 100% Apple Juice EDS: GF Sun Butter Bar, Orange Wedges
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>27</b> B: GF Biscuit, Apple Slices w/cinnamon, Milk, Jelly L: GF Chicken Nuggets, Stir Fried Rice, Normandy Blend Vegetables, Mixed Fruit Cup, Milk, Ketchup S: Strawberry Applesauce Cup, GF Crackers EDS: Vanilla Yogurt Cup, Fresh Pear	<b>28</b> B: GF Cereal Bowl, Orange Wedges, Milk L: Oven Baked Chicken, GF Roll, Cauliflower Mashed Potatoes, Pineapple, Milk S: Strawberry Banana Yogurt, Fresh Banana EDS: GF Crackers, 100% Grape Juice	<b>29</b> B: GF English Muffin Sandwich, Egg & Cheese, Diced Peach Cup, Milk L: Turkey Chili, GF Cornbread Muffin, Spinach Salad, Applesauce Cup, Milk S: Baby Carrots, Hummus EDS: Fresh Apple, GF Crackers	<b>30</b> B: GF Waffles, Turkey Sausage Link, Applesauce Cup, Milk, Syrup L: Chicken Fajita GF Taco, 6" GF Tortilla, Broccoli, Pear Fruit Cup, Milk S: 100% Fruit Punch Juice, GF Crackers EDS: Tropical Fruit Cup, GF Crackers	



## VEGETARIAN DIET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> B: Biscuit Sandwich, Egg & Cheese, Fresh Banana, Milk L: Vegetarian Nuggets, Macaroni & Cheese, Roasted Broccoli, Sliced Apple, Milk, Ketchup S: Strawberry Banana Yogurt Cup, Granola EDS: Apple Cinnamon Bear Grahams, 100% Apple Juice	<b>2</b> B: Breakfast Pizza, Mixed Fruit Cup, Milk L: Cheese Ravioli, Zucchini, Apple Slices w/cinnamon, Milk S: Multigrain Cheerios, 100% Orange Tangerine Juice EDS: Fresh Banana, Jello Cup	<b>3</b> B: Cereal Bowl, Orange Wedges, Milk L: Garden Salad, Spring Mix, Shredded Carrots, Tropical Fruit Cup, Milk, Honey Mustard Dressing S: Black Bean Dip, WG Baked Tortilla Chips EDS: Fresh Apple, Nutri Grain Bar
<b>6</b> B: Blueberry Muffin, Fresh Apple, Milk L: Bean & Cheese Burrito, Mexicali Corn, Mixed Berries, Milk S: Strawberry Applesauce Cup, WG Graham Crackers EDS: Vanilla Yogurt Cup, Fresh Pear	<b>7</b> B: French Toast Sticks, Mandarin Orange Cup, Milk, Syrup L: Spaghetti w/Tofu, Whole Grain Pasta, Green Beans, Peach Cup, Milk S: Strawberry Banana Yogurt, Fresh Banana EDS: WG Cheez-its Crackers, 100% Grape Juice	<b>8</b> B: Apple Cinnamon Oatmeal, Applesauce Cup, Craisins/Raisins, Milk L: Vegetarian Burger w/Bun, Sliced Cheese, Potato Tots, Mixed Fruit, Milk S: Baby Carrots, Hummus EDS: Fresh Apple, Whole Grain Graham Crackers	<b>9</b> B: English Muffin Sandwich, Egg & Cheese, Orange Wedges, Milk L: Fajita Tofu w/squash, corn, & peppers, Spanish Rice, Shredded Mozzarella, Apple Slices w/cinnamon, Milk S: 100% Fruit Punch Juice, Cheddar Goldfish Crackers EDS: Tropical Fruit Cup, Animal Crackers	<b>10</b> B: Cereal Bowl, Fresh Banana, Milk L: Thai Tofu Salad, Cilantro Lime Rice, Spring Mix, Thai Dressing, Orange Wedges, Milk S: Traditional Chex Mix, 100% Apple Juice EDS: Applesauce Cup, Cereal Bar
<b>13</b> B: Banana Bread, Fresh Apple, Milk L: Cheese Pizza, Glazed Carrots, Pineapple, Milk S: 100% Grape Juice, Apple Cinn. Bear EDS: Crackers Baby Carrots, Hummus	<b>14</b> B: Cereal Bowl, Orange Wedges, Milk L: Penne Alfredo, Broccoli, Peaches, Milk S: Sun Butter Sandwich EDS: Amazing ChickPea, WG Graham Crackers	<b>15</b> B: Croissant Sandwich, Egg & Cheese, Diced Peach Cup, Milk L: Tofu w/Gravy, Whole Grain Roll, Cauliflower Mash Potatoes, Apple Crisp, Milk S: 100% Fruit Punch Juice, Whole Grain Crackers EDS: Banana, Vanilla Yogurt Cup	<b>16</b> B: Pancakes, Vegetarian Sausage Pattie, Applesauce Cup, Milk, Syrup L: Macaroni & Cheese, Vegetarian Nuggets, Green Beans, Sliced Apple, Milk, Ketchup S: Vegetarian Wrap EDS: WG Cheddar Goldfish, 100% Fruit Punch Juice	<b>17</b> B: Bagel, Cream Cheese, Fresh Banana, Milk L: Fiesta Corn Salad Bowl, Brown Rice, Spinach, Orange Wedges, Fiesta Dressing, Milk S: WG Dino Bites, 100% Apple Juice EDS: Granola Bar, Orange Wedges
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>27</b> B: Biscuit, Apple Slices w/cinnamon, Milk, Jelly L: Vegetarian Nuggets, Brown Rice, Normandy Blend Vegetables, Mixed Fruit Cup, Milk, Ketchup S: Strawberry Applesauce Cup, WG Graham Crackers EDS: Vanilla Yogurt Cup, Fresh Pear	<b>28</b> B: Cereal Bowl, Orange Wedges, Milk L: Tofu Loaf, Whole Grain Roll, Cauliflower Mashed Potatoes, Pineapple, Milk S: Banana/Strawberry Yogurt Cup, Fresh Banana EDS: WG Cheez-it Crackers, 100% Grape Juice	<b>29</b> B: English Muffin Sandwich, Egg & Cheese, Diced Peach Cup, Milk L: Vegetarian Chili, Cornbread Muffin, Spinach Salad, Applesauce Cup, Milk, Ranch Dressing S: Baby Carrots, Hummus EDS: Fresh Apple, WG Graham Cracker	<b>30</b> B: Waffles, Vegetarian Sausage Pattie, Applesauce Cup, Milk, Syrup L: Tofu & Cheese Quesadilla, 6" Tortilla, Mexicali Corn, Orange Wedges, Milk S: 100% Fruit Punch Juice, Cheddar Goldfish Crackers EDS: Tropical Fruit Cup, Animal Crackers	