



GENERAL DIET

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 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 Goldfish Crackers EDS: Tropical Fruit Cup, Animal Crackers	2 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
5	B: Banana Bread, Fresh Apple, Milk L: Cheese Pizza, Glazed Carrots, Pineapple, Milk S: 100% Grape Juice, Apple Cinnamon Bear Cracker EDS: Baby Carrots, Hummus	6 B: Cereal Bowl Corn Chex, Orange Wedges, Milk L: Chicken Penne Alfredo, Broccoli, Peaches, Milk S: Sun Butter Sandwich EDS: Chocolate Hummus, WG Graham Crackers	7 B: Croissant Sandwich, Egg & Cheese, Diced Peach Cup, Milk L: Turkey Meatloaf, Whole Grain Roll, Cauliflower Mash Potatoes, Fresh Pear, Milk, Ketchup S: 100% Fruit Punch Juice, WG Crackers EDS: Vanilla Yogurt Cup, Banana	8 B: Pancakes, Turkey Sausage Link, Applesauce Cup, Milk, Syrup L: Macaroni & Cheese, Popcorn Chicken, Green Beans, Fresh Apple, Milk, Ketchup S: Turkey & Cheese Wrap EDS: WG Cheddar Goldfish, 100% Fruit Punch Juice	9 B: Bagel, Cream Cheese, Fresh Banana, Milk, Jelly L: Fiesta Corn Salad, Brown Rice, Spinach, Orange Wedges, Milk, Fiesta Dressing S: WG Dino Bite Crackers, 100% Apple Juice EDS: Granola Bar, Orange Wedges
12	B: French Toast Sticks, Apple Slices w/cinnamon, Milk, Syrup L: Chicken & Cheese Flautas, Pinto Beans, Mexicali Corn, Mixed Berries, Milk S: Cheddar Goldfish Crackers, Applesauce Cup EDS: Ginger Bread Cookies, 100% Grape Juice	13 B: Breakfast Pizza, Diced Pear Cup, Milk L: Teriyaki Chicken, Brown Rice, Steamed Broccoli, Orange Wedges, Milk S: Fresh Pear, WG Graham Crackers EDS: Whole Grain Cheez-its, Strawberry Applesauce Cup	14 B: Apple Cinnamon Muffin, Orange Wedges, Milk L: Italian Lasagna, Normandy Blend Vegetables, Fresh Pear, Milk S: Strawberry Banana Yogurt Cup, Granola EDS: 100% Apple Juice, Apple Cinnamon Bear Grahams	15 B: Bagel Sandwich, Turkey & Cheese, Fresh Apple, Milk L: Meatball Sub, Green Beans, Peach Cup, Milk S: Multigrain Cheerios, 100% Orange Tangerine Juice EDS: Fresh Banana, Jello Cup	16 B: Cereal Bowl Rice Chex, Fresh Banana, Milk L: BBQ Chicken Salad, Whole Grain Roll, Beans, Corn & Tomatoes, Tropical Fruit Cup, Milk, Creamy Cilantro Dressing S: Black Bean Dip, WG Baked Tortilla Chips EDS: Fresh Apple, Nutri Grain Bar
19		20 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, 100% Grape Juice	21 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	22 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	23 B: Bagel, Cream Cheese, Fresh Banana, Milk, Jelly L: Basil Pasta, Chicken Salad, Penne Pasta, Baby Carrots, Ranch Dressing, Fresh Apple, Milk S: Traditional Chex Mix, 100% Apple Juice EDS: Applesauce Cup, Cereal Bar
26	B: Cereal Bowl Cheerios, Applesauce Cup, Milk L: Chicken Parmesan, Chicken Tenders, Whole Grain Pasta, Pasta Sauce, Green Beans, Pear Fruit Cup, Milk S: 100% Grape Juice, Apple Cinnamon Bear Cracker EDS: Baby Carrots, Hummus	27 B: Croissant Sandwich, Turkey & Cheese, Mandarin Orange Cup, Milk L: Orange Chicken, Popcorn Chicken, Brown Rice, Roasted Broccoli, Pineapple, Orange Sauce, Milk S: Sun Butter Sandwich EDS: Chocolate Hummus, WG Graham Crackers	28 B: Apple Cinnamon Muffin, Orange Wedges, Milk L: Cheese Enchiladas, Spanish Rice, Pinto Beans, Fresh Pear, Milk S: 100% Fruit Punch Juice, Whole Grain Crackers EDS: Banana, Vanilla Yogurt Cup	29 B: Pancake, Turkey Sausage Link, Apple Slices w/cinnamon, Milk, Syrup L: Chicken Pot Pie, Whole Grain Biscuit, Peas & Carrots, Fresh Apple, Milk S: Turkey & Cheese Wrap EDS: WG Cheddar Goldfish, 100% Fruit Punch Juice	



DAIRY FREE DIET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 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	2 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 Applesauce EDS: Cup, DF Cereal Bar
5 B: DF Banana Bread, Fresh Apple, Milk** L: DF Turkey Pizza, Glazed Carrots, Pineapple, Milk** S: 100% Grape Juice, Apple Cinnamon Bea EDS: Crackers Hummus, Baby Carrots	6 B: Cereal Bowl, Orange Wedges, Milk** L: Chicken Penne w/ Marinara, Broccoli, Peaches, Milk** S: Sun Butter Sandwich EDS: Chocolate Hummus, DF Graham Crackers	7 B: Breakfast Sandwich, Egg & Dairy Free Cheese, Diced Peach Cup, Milk** L: Turkey Meatloaf, Whole Grain Roll, DF Mash Potatoes, Fresh Pear, Ketchup, Milk** S: 100% Fruit Punch Juice, WG Crackers EDS: DF Yogurt Cup, Banana	8 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: DF Crackers, 100% Fruit Punch Juice	9 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
12 B: DF French Toast Sticks, Apple Slices w/cinnamon, Syrup, Milk** L: Chicken Flauta, Pinto Beans, Mexicali Corn, Mixed Berries, Milk** S: DF Crackers, Applesauce Cup EDS: DF Ginger Bread Cookie, 100% Grape Juice	13 B: DF Breakfast Pizza, Diced Pear Cup, Milk** L: Teriyaki Chicken, Brown Rice, Steamed Broccoli, Orange wedges, Milk** S: DF Graham Crackers, Fresh Pear EDS: DF Crackers, Strawberry Applesauce Cup	14 B: DF Applesauce Muffin, Orange Wedges, Milk** L: DF Italian Lasagna, Normandy Blend Vegetables, Fresh Pear, Milk** S: DF Yogurt, DF Granola EDS: DF Graham Crackers, 100% Apple Juice	15 B: Bagel Sandwich, Turkey & DF Cheese, Fresh Apple, Milk** L: DF Meatball Sub, Green Beans, Peach Cup, Milk**, S: Multigrain Cheerios, Orange Wedges EDS: Fresh Banana, Jello Cup	16 B: Cereal Bowl, Fresh Banana, Milk** L: DF BBQ Chicken Salad, Whole Grain Roll, Beans Corn & Tomatoes, Tropical Fruit Cup, Milk**, DF Ranch Dressing S: Black Bean Dip, DF Whole Grain Tortilla Chips EDS: Fresh Apple, DF Sun Butter Bar
19	20 B: Cereal Bowl, Orange Wedges, Milk** L: Oven Baked Chicken, Whole Grain Roll, DF Mashed Potatoes, Pineapple, Milk** S: Dairy Free Yogurt Cup, Fresh Banana EDS: DF Crackers, 100% Grape Juice	21 B: English Muffin Sandwich, Egg & DF Cheese, Diced Peach Cup, Milk** L: Turkey Chili, DF Cornbread Muffin, Spinach Salad, DF Ranch Dressing, Applesauce Cup, Milk** S: Baby Carrots, Hummus EDS: Fresh Apple, DF Graham Crackers	22 B: DF Pancake, 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	23 B: DF Bagel, Jelly, Fresh Banana, Milk** L: DF Basil Chicken Salad, Penne Pasta, Baby Carrots, Fresh Apple, Milk**, DF Ranch Dressing S: DF Crackers, 100% Apple Juice EDS: Applesauce Cup, DF Cereal Bar
26 B: Cereal Bowl, Applesauce Cup, Milk** L: Spaghetti w/pasta sauce, Whole Grain Pasta, Green Beans, Pear Fruit Cup, Milk** S: 100% Grape Juice, DF Graham Crackers EDS: Hummus, Baby Carrots	27 B: Breakfast Sandwich, Turkey & DF Cheese, Mandarin Orange Cup, Milk** L: Orange Chicken, Brown Rice, Orange Sauce, Popcorn Chicken, Broccoli, Pineapple, Milk** S: Sun Butter Sandwich EDS: Chocolate Hummus, DF Graham	28 B: DF Applesauce Muffin, Orange Wedges, Milk** L: DF Cheese Enchiladas, Spanish Rice, Pinto Beans, Fresh Pear, Milk** S: 100. Fruit Punch Juice, DF Crackers EDS: Banana, DF Yogurt Cup	29 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: Turkey Wrap EDS: DF Crackers, 100% Fruit Punch Juice	



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 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: GF Crackers, 100% Fruit Punch Juice EDS: Tropical Fruit Cup, GF Crackers	2 B: GF Cereal Bowl, Fresh Banana, Milk L: Thai Chicken Salad, Cilantro Lime Rice, Spring Mix, Orange Wedges, Milk, Ranch Dressing S: 100% Apple Juice, GF Crackers EDS: Applesauce Cup, GF Cereal Bar
5 B: GF Banana Bread, Fresh Apple, Milk L: GF Pizza, Glazed Carrots, Pineapple, Milk S: 100% Grape Juice, GF Crackers EDS: Hummus, Baby Carrots	6 B: GF Cereal Bowl, Orange Wedges, Milk L: Chicken & GF Penne Alfredo, Broccoli, Peaches, Milk S: GF Sun Butter Sandwich EDS: Chocolate Hummus, GF Graham Crackers	7 B: GF Breakfast Sandwich, Egg & Cheese, Diced Peach Cup, Milk L: Turkey Meatloaf, GF Roll, Cauliflower Mash Potatoes, Fresh Pear, Milk, Ketchup S: 100% Fruit Punch Juice, GF Crackers EDS: Fresh Banana, Vanilla Yogurt Cup	8 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	9 B: GF Bagel, Cream Cheese, Fresh Banana, Milk L: Fiesta Corn Salad Bowl, Brown Rice, Spinach, Orange Wedges, Milk, Fiesta Dressing S: GF Crackers, 100% Apple Juice EDS: GF Sun Butter Bar, Orange Wedges
12 B: GF French Toast Sticks, Apple Slices w/cinnamon, Milk, Syrup L: GF Chicken Flauta, Pinto Beans, Mexicali Corn, Mixed Berries, Milk S: GF Crackers, Applesauce Cup EDS: GF Gingerbread, 100% Grape Juice	13 B: GF Breakfast Pizza, Diced Pear Cup, Milk L: Teriyaki Chicken, Brown Rice, Steamed Broccoli, Orange Wedges, Milk S: GF Graham Crackers, Fresh Pear EDS: GF Crackers, Strawberry Applesauce Cup	14 B: GF Applesauce Muffin, Orange Wedges, Milk L: GF Italian Lasagna, Normandy Blend Vegetables, Fresh Pear, Milk S: Strawberry Banana Yogurt Cup, GF Cereal EDS: 100% Apple Juice, GF Graham Crackers	15 B: GF Bagel Sandwich, Turkey & Cheese, Fresh Apple, Milk L: GF Meatball Subs, GF Meatballs, Green Beans, Peach Cup, Milk, S: GF Multigrain Cheerios, 100% Orange Tangerine Juice EDS: Fresh Banana, Jello Cup	16 B: GF Cereal Bowl, Fresh Banana, Milk L: BBQ Chicken Salad, GF Roll, Beans Corn & Tomatoes, Tropical Fruit Cup, Milk, Creamy Cilantro Dressing S: Black Bean Dip, WG Baked Tortilla Chips EDS: Fresh Apple, GF Sun Butter Bar
19	20 B: GF Cereal Bowl, Orange Wedges, Milk L: Oven Baked Chicken, GF Roll, Cauliflower Mashed Potatoes, Pineapple, Milk S: Strawberry Go Gurt, Fresh Banana EDS: GF Crackers, 100% Grape Juice	21 B: GF English Muffin Sandwich, Egg & Cheese, Diced Peach Cup, Milk L: Turkey Chili, GF Cornbread Muffin, Spinach Salad, Applesauce, Milk S: Baby Carrots, Hummus EDS: Fresh Apple, GF Crackers	22 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	23 B: GF Bagel, Cream Cheese, Fresh Banana, Milk L: GF Basil Pasta Chicken Salad, GF Penne Pasta, Baby Carrots, Fresh Apple, Milk, Ranch Dressing S: GF Crackers, 100% Apple Juice EDS: Applesauce Cup, GF Cereal Bar
26 B: GF Cereal Bowl, Applesauce Cup, Milk L: GF Spaghetti w/Pasta sauce, Ground Turkey w/ sauce, GF Pasta, Green Beans, Pear Fruit Cup, Milk S: 100% Grape Juice, GF Crackers EDS: Baby Carrots, Hummus	27 B: GF Breakfast Sandwich, Turkey & Cheese, Mandarin Orange Cup, Milk L: Orange Chicken, Brown Rice, Orange Sauce, Broccoli, Pineapple, Milk S: GF Sun Butter Sandwich EDS: Chocolate Hummus, GF Graham Crackers	28 B: GF Applesauce Muffin, Orange Wedges, Milk L: GF Cheese Enchiladas, Spanish Rice, Pinto Beans, Fresh Pear, Milk S: 100% Fruit Punch Juice, GF Crackers EDS: Banana, Vanilla Yogurt Cup	29 B: GF Pancake, Turkey Sausage Link, Apple Slices w/cinnamon*, Milk, Syrup L: Chicken Pot Pie, GF Biscuit, Peas & Carrots, Fresh Apple, Milk S: GF Turkey & Cheese Wrap EDS: GF Crackers, 100% Fruit Punch Juice	



VEGETARIAN DIET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 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	2 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
5 B: Banana Bread, Fresh Apple, Milk L: Cheese Pizza, Glazed Carrots, Pineapple, Milk S: 100% Grape Juice, Apple Cinn. Bear Crackers EDS: Baby Carrots, Hummus	6 B: Cereal Bowl, Orange Wedges, Milk L: Penne Alfredo, Broccoli, Peaches, Milk S: Sun Butter Sandwich EDS: Chocolate Humms, WG Graham Crackers	7 B: Croissant Sandwich, Egg & Cheese, Diced Peach Cup, Milk L: Tofu Loaf, Whole Grain Roll, Cauliflower Mash Potatoes, Fresh Pear, Milk S: 100% Fruit Punch Juice, Whole Grain Crackers EDS: Banana, Vanilla Yogurt Cup	8 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	9 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
12 B: French Toast Sticks, Apple Slices w/cinnamon, Milk, Syrup L: Vegetarian Flautas, Pinto Beans, Mexicali Corn, Mixed Berries, Milk S: Cheddar Goldfish Crackers, Applesauce Cup EDS: Ginger Bread Cookie, 100% Grape Juice	13 B: Vegetarian Breakfast Pizza, Diced Pear Cup, Milk L: Teriyaki Tofu, Brown Rice, Steamed Broccoli, Orange Wedges, Milk S: WG Graham Crackers, Fresh Pear EDS: Whole Grain Cheez-its, Strawberry Applesauce Cup	14 B: Apple Cinnamon Muffin, Orange Wedges, Milk L: Vegetarian Italian Lasagna, Normandy Blend Vegetables, Fresh Pear, Milk S: Strawberry Banana Yogurt Cup, Granola EDS: Apple Cinnamon Bear Grahams, 100% Apple Juice	15 B: Bagel Sandwich, Egg & Cheese, Fresh Apple, Milk L: Vegetarian Meatball Sub, Green Beans, Peach Cup, Milk, S: Multigrain Cheerios, Orange Wedges EDS: Fresh Banana, Jello Cup	16 B: Cereal Bowl, Fresh Banana, Milk L: BBQ Tofu Salad, Whole Grain Roll, Beans, Corn & Tomatoes, Tropical Fruit Cup, Creamy Cilantro Dressing, Milk S: Black Bean Dip, Whole Grain Baked Tortilla EDS: Chips Fresh Apple, Nutri Grain Bar
19	20 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	21 B: English Muffin Sandwich, Egg & Cheese, Diced Peach Cup, Milk L: Vegetarian Chili, Cornbread Muffin, Spinach Salad, Applesauce, Milk, Ranch Dressing S: Baby Carrots, Hummus EDS: Fresh Apple, WG Graham Crackers	22 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	23 B: Bagel, Cream Cheese, Fresh Banana, Milk L: Basil Pasta Salad, Penne Pasta Baby Carrots, Fresh Apple, Milk, Ranch Dressing S: Traditional Chex Mix, 100% Apple Juice EDS: Applesauce Cup, Cereal Bar
26 B: Cereal Bowl, Applesauce Cup, Milk L: Spaghetti w/Tofu, Whole Grain Pasta, Green Beans, Pear Fruit Cup, Milk S: 100% Grape Juice, Apple Cinn. Bear Crackers EDS: Baby Carrots, Hummus	27 B: Croissant Sandwich, Egg & Cheese, Mandarin Orange Cup, Milk L: Orange Nugget Stir Fry, Brown Rice, Vegetarian Nuggets, Orange Sauce, Broccoli, Pineapple, Milk S: Sun Butter Sandwich EDS: Chocolate Hummus, WG Graham Crackers	28 B: Apple Cinnamon Muffin, Orange Wedges, Milk L: Cheese Enchiladas, Spanish Rice, Pinto Beans, Fresh Pear, Milk S: 100% Fruit Punch Juice, WG Crackers EDS: Banana, Vanilla Yogurt Cup	29 B: Pancakes, Vegetarian Sausage Pattie, Apple Slices w/cinnamon*, Milk, Syrup L: Vegetarian Pot Pie, Whole Grain Biscuit, Peas & Carrots, Orange Wedges, Milk S: Vegetarian Wrap EDS: WG Cheddar Goldfish, 100% Fruit Punch Juice	