





GENERAL DIET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B: Blueberry Muffin, Strawberry Applesauce Milk L: Rotini & Meatballs, Whole Grain Rotini Pa Marinara Pasta Sauce, Green Beans, Fre Pear, Milk S: Turkey Pepperoni, WG Crackers EDS: WG Cheez-Its, 100% Juice	(CHEF), Sausage Link, Milk L: Orange Chicken (Breaded), Popcorn	B: Bagel Sandwich, Turkey & Cheese, Wedges/ Whole Orange, Milk L: Chicken Chili (CHEF) w/ cheese, Combread Muffin, Jicama Salad (CHEF), Fruit Cocktail panned, Milk S: Strawberry Applesauce Cup, Traditional Chex Mix EDS: WG Rice Cake, Fresh Apple	6 B: Apple Cinnamon Oatmeal, Tropical Fruit Panned, Milk L: Macaroni & Cheese, Popcorn chicken, Fresh Apple, Green Beans, Milk, Barbecue Sauce S: Apple Sauce Cup, Vanilla Bears EDS: Baked Fruit Bar, Yogurt	7 B: Cereal Bowl - Cheerios, Fresh Banana, Milk L: Thai Chicken Salad, Ginger Rice, Spring Mix, tropical Fruit Cup, Thai Dressing, Milk S: WG Cheez Its, 100% Apple Juice EDS: Animal Crackers, Fresh Pear
B: Biscuit, Applesauce Cup, Milk, Jelly L: Cheese Pizza, Glazed Carrots, Fresh Pea Milk S: Turkey & Cheese Wrap EDS: Ginger Bread Cookie, 100% Juice	B: Breakfast Pizza, Warm Apple Crisp (CHEF), Milk L: Teriyaki Chicken (Grilled), Brown Rice, Pineapple Panned, Steamed Broccoli, Milk S: Sour Fruit Raisels, WG Graham Crackers EDS: Cheese Stick, Fresh Apple	B: Croissant Sandwich, Egg & Cheese, Orange Wedges, Milk L: Chicken & Cheese Tamales, Black Beans, Confetti Corn (CHEF), Fruit Cocktail panned, Milk S: Apple Cinnamon Bears, Fresh Banana EDS: Chicken Salad, WG Crackers	B: French Toast Sticks, Tropical Fruit Panned, Milk, syrup L: Turkey Burger w/ Cheese on WG Bun, Potato Tots, Fresh Apple, Ketchup, Milk S: Sun Butter Sandwich EDS: Apple Cinnamon Bears, Fresh Pear	B: Cereal Bowl - Rice Chex, Fresh Banana, Milk L: Fiesta Corn Salad, Brown Rice, Tropical Fruit Cup, Spinach, Milk, Fiesta Dressing S: 100% Fruit Punch, Cheddar Goldfish EDS: Oat Bar, Orange Wedges
B: Apple Cinnamon Muffin, Strawberry Applesauce Cup, Milk L: Lasagna, Normandy Blend, Fresh Pear Milk S: Yogurt, Granola EDS: Vanilla Bears, 100% Juice	B: Waffles & Syrup, Warm Apple Crisp (CHEF), Sausage Link, Milk L: Sesame Chicken (Breaded), Brown Rice, Pineapple Panned, Broccoli, Milk S: Apple Cinnamon Bears, Fresh Pear EDS: Mixed Berries, Yogurt Parfait, Granola	B: English Muffin Sandwich, Turkey & Cheese, Orange Wedges, Milk L: Chicken Calabasa, Jicama Salad (CHEF), Fruit Cocktail panned, Spanish Rice, Milk S: Black Bean Dip, WG Tortilla Chips EDS: Fresh Banana, Nutri Grain Bar	B: Cheese Omelet, WG Biscuit, Tropical Fruit Panned, Milk L: ,Shepherd's Pie, WG Roll, Fresh Apple, Milk S: Cheddar cheese blocks, WG Crackers EDS: Sour Fruit Raisels, WG Graham Crackers	B: Cereal Bowl - Multi Grain Cheerios, Fresh Banana, Milk L: BBQ Chicken, WG Roll, Tropical Fruit Cup, Beans,Corn,& Tomatoes, Spring Mix, Cilantro Dressing, Milk S: 100% Orange Tangerine Juice, Vanilla Bears EDS: Strawberry Applesauce Cup, Cereal Bar
B: Bagel, Applesauce Cup, Milk, Jelly L: Chicken Penne Alfredo, Broccoli, Fresh Pear, Milk S: Turkey Pepperoni, WG Crackers EDS: WG Cheez - Its, 100% Juice	B: Turkey Egg Bites, Warm Apple Crisp (CHEF), Milk L: Chicken Lo Mein, Normandy Blend, Pineapple Panned, Milk S: Pineapple Salsa (CHEF), WG Tortilla Chips EDS: Chocolate Hummus (CHEF), WG Graham Cracker	B: Biscuit Sandwich, Egg & Cheese Orange Wedges, Milk L: Cheese Enchiladas, Spanish Rice, Pinto Beans, Fruit Cocktail panned, Milk S: Strawberry Apple Sauce Cup, Traditional Chex Mix EDS: WG Rice Cake, Fresh Apple	B: Pancakes & Syrup, Tropical Fruit Panned, Sausage, Milk L: Chicken Fried Chicken & Gravy, Dinner Roll, Cauliflower Mash Potatoes, Green Beans, Fresh Apple, Milk S: Applesauce Cup, Vanilla Bears EDS: Baked Fruit Bar, Yogurt	B: Cereal Bowl - Cheerios, Fresh Banana, Milk L: Basil Pesto Pasta chk. Salad, Tropical Fruit Cup, Baby Carrots, Spinach, Ranch Dressing, Milk S: WG Cheez Its, 100% Apple Juice EDS: Animal Crackers, Fresh Pear







GLUTEN & DAIRY FREE DIET

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10	B: DF GF Blueberry Muffin, Strawberry Applesauce Cup, Milk** L: Rotini & Meatballs, Meatballs, Green Beans, Pear Cups, Milk** S: Turkey pepperoni, Crackers GF EDS: GF Chips, 100% Juice B: Bella Biscuit, Applesauce Cup, Milk**, Jelly	B: DF GF Pancakes & Syrup, GF DF Apple Crisp (CHEF), Sausage Link, Milk** L: Orange Chicken (Breaded), Popcorn Chicken w/ Sauce, Brown Rice, Broccoli, Pineapple cup, Milk** S: Pineapple Salsa (CHEF), GF chips EDS: Chocolate Hummus (CHEF), GF Cinnamon Cookies 11 B: DF GF Breakfast Pizza, GF DF Apple Crisp	B: DF GF Bella Biscuit, Turkey & DF Cheese, Wedges/ Whole Orange, Milk** L: Chicken Chili (CHEF), Cornbread Muffin, Jicama Salad (CHEF), Fruit Cocktail cup, Milk** S: Strawberry Applesauce Cup, GF Chips EDS: WG GF Rice Cake, Fresh Apple 12 B: Bella Biscuit GF DF, Vegan Egg & DF Cheese,	B: DF GF Apl. Cin. Oatmeal, Tropical Fruit Panned, Milk** L: DF Mac & Cheese, Popcorn chicken, Green Beans, Apple Sauce, Milk**, Barbeque sauce S: Apple Sauce Cup, GF Chips EDS: GF Baked Fruit Bar, DF Yogurt 13 B: GF DF French Toast Sticks, Tropical Fruit	7 B: Cereal Bowl - Cheerios, Fresh Banana, Milk** L: Thai Chicken Salad, Ginger Rice, Spring Mix, Tropical Fruit Cup, Thai Dressing, Milk** S: GF Chips, 100% Apple Juice EDS: GF Cookies, Fresh Pear
	L: DFGF Cheese Pizza, Glazed Carrots, Pear Cups, Milk** S: GF DF Turkey & Cheese Wrap EDS: GF Cookie, 100% Juice	(CHEF), Milk** L: Teriyaki Chicken (Grilled),Brown Rice, Pineapple panned, Steamed Broccoli, Milk** S: Sour Fruit Raisels, GF Cookies EDS: GF Cinnamon Cookies, Fresh Apple	Orange Wedges, Milk** L: DF Chicken Tacos, Black Beans, Confetti Corn (CHEF), Fruit Cocktail Panned, Milk** S: GF Cookies, Fresh Banana EDS: ChicPea Salad, GF Chips	Panned, Milk** L: Turkey Burger w/ GF Bun, DF Cheese, Potato Tots, Fresh Apple, Milk S: GF Sun Butter Sandwich EDS: GF Cookies, Fresh Pear	L: Fiesta Corn Salad, Brown Rice, Tropical Fruit Cup, Spinach, Milk**, Fiesta Dressing S: 100% Fruit Punch, GF DF Chips EDS: Sun Butter Bar GF, Orange Wedges
17	B: Apple Cinnamon Muffin, Strawberry Applesauce Cup, Milk** L: Rotini & Meatballs, Normandy Blend, Pear Cups, Milk** S: DF Yogurt, GF Granola EDS: GF Cookies, 100% Juice	B: DF GF Apple cinnamon Muffin, Strawberry Applesauce Cup, Milk** L: Sesame Chicken (grilled), Brown Rice, Pineapple cup, Broccoli, Milk** S: GF Cookies, Fresh Pear EDS: Mixed Berries, Yogurt Parfait DF, Granola GF	B: Bella Biscuit GF DF, Turkey & DF Cheese, Orange Wedges, Milk** L: Chicken Calabasa, Jicama Salad (CHEF), Fruit Cocktail Panned, Spanish Rice, Milk** S: Black Bean Dip, GF Chips EDS: Fresh Banana, GF DF SunButter Bar	B: GF,EF,DF, Cheese Omelet, GFBiscuit, Tropical Fruit Panned, Milk** L: Shepherds Pie w/ DF Cauliflower Mash, GF Roll, Fresh Apple, Mllk* S: Cheddar Cheese Block, GF Crackers EDS: Sour Fruit Raisels, GF Cookies	B: Cereal Bowl - Multi Grain Cheerios, Fresh Banana, Milk** L: BBQ Smoked Chicken Salad, GF Roll, Tropical Fruit Cup, Beans, Corn, & Tomatoes, Spring Mix, Cilantro Dressing, Milk** S: 100% Orange Tangerine Juice, GF Cookies EDS: Strawberry Applesauce Cup, GF DF SunButter Bar
24	B: Bagel, Applesauce Cup, Jelly, Milk** L: DF Chck. Penne Alfr., Broccoli, Pear Cups, Milk** S: Turkey pepperoni, Crackers GF EDS: GF Chips, 100% Juice	B: GF,DF Egg Bites, GF DF AppleCrisp (CHEF), Milk** L: Chicken Lo Mein, Normandy Blend, Pineapple panned, Milk** S: Pineapple Salsa (CHEF), GF chips EDS: Chocolate Hummus (CHEF), GF Cinnamon Cookies	B: GF DF Bella Biscuit, Vegan Egg &DF Cheese, Orange Wedges/, Milk** L: DF Enchiladas, Spanish Rice, Pinto Beans, Fruit Cocktail panned, Milk** S: Strawberry Applesauce Cup, GF Chips EDS: WG GF Rice Cake, Fresh Apple	B: GF DF Pancakes & Syrup, Tropical Fruit Panned, Sausage, Milk** L: Chicken Fried Chicken & Gravy, GF Roll, DF Cauli Mash Potato, Green Beans,Fresh Apple , Milk ** S: Apple Sauce Cup, GF Chips EDS: GF Baked Fruit Bar, DF Yogurt	B: Cereal Bowl - Cheerios, Fresh Banana, Milk** L: DF Pesto Pasta, Tropical Fruit Cup, Baby Carrots, Spinach, Ranch Dressing, Milk ** S: GF Chips, 100% Apple Juice EDS: GF Cookies, Fresh Pear







KOSHER DIET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B: Cereal Bowl, Fruit Cup, Milk L: Beef Pepper Steak, Milk S: Mott's Applesauce Cup, Cheddar Goldfish (No pretzel) EDS: WG Cheez - Its, 100% Juice	B: Packaged Muffin, Fruit Cup, Milk L: Chicken Soup, Milk S: 100% Fruit Juice, WG Tortilla Chips EDS: Fruit Cup, WG Graham Cracker	B: Cereal Bowl, Fresh Pear, Milk L: Filet Salmon, Milk S: Shelf- Stable Yogurt, Traditional Chex Mix EDS: WG Rice Cake, Mott's Applesauce Cup	B: Shelf Stable Yogurt, Granola, Fruit Cup, Milk L: Beef Goulash, Milk S: Mott's Applesauce Cup, Vanilla Bears EDS: Traditional Chex Mix, Shelf Stable Yogurt	7 B: Cereal Bowl, Fresh Banana, Milk L: Roasted Chicken, Milk S: WG Cheez Its, 100% Fruit Juice EDS: Animal Crackers, Fresh Pear
B: Cereal Bowl, Fruit Cup, Milk L: Beef Stuffed Cabbage, Milk S: Motts Applesauce Cup, Vanilla Bears EDS: Vanilla Bears, 100% Juice	B: Packaged Muffin, Fruit Cup, Milk L: Roasted Chicken, Milk S: Traditional Chex Mix, Baby Carrots EDS: WG Cheez It, Baby Carrots	B: Cereal Bowl, Fresh Pear, Milk L: Filet Salmon, Milk S: Apple Cinnamon Bears, 100% Fruit Juice EDS: Fruit Cup, WG Crackers	B: Shelf Stable Yogurt, Granola, Fruit Cup, Milk L: Chicken Lo Mein, Milk S: Sun Butter Sandwich EDS: Apple Cinnamon Bears, Fresh Pear	B: Cereal Bowl, Fresh Banana, Milk L: Beef Cholent, Milk S: 100% Fruit Juice, Cheddar Goldfish (No pretzel) EDS: Traditional Chex Mix, 100% Juice
B: Cereal Bowl, Fruit Cup, Milk L: Chicken Lo Mein, Milk S: 100% Fruit Juice, WG Tortilla Chips EDS: Cheddar Goldfish (No pretzel), 100% Juice	B: Packaged Muffin, Fruit Cup, Milk L: Chicken Soup, Milk S: Apple Cinnamon Bears, Fresh Pear EDS: Tropical Fruit Cup, Shelf Stable Yogurt	B: Cereal Bowl, Fresh Pear, Milk L: Beef Pepper Steak, Milk S: Yogurt, WG Crackers EDS: Fresh Banana, Apple Cinnamon Bears	B: Shelf Stable Yogurt, Granola, Fruit Cup, Milk L: Stuffed Chicken, Milk S: Baby Carrots, WG Cheez-Its EDS: Baby Carrots, WG Cheez-Its	B: Cereal Bowl, Fresh Banana, Milk L: Stuffed Beef Cabbage, Milk S: 100% Fruit Juice, Vanilla Bears EDS: Motts Applesauce Cup, WG Crackers
B: Cereal Bowl, Fruit Cup, Milk L: Beef Goulash, Milk S: Motts Applesauce Cup, Cheddar Goldfish (No pretzel) EDS: WG Cheez - It, 100% Juice	B: Packaged Muffin, Fruit Cup, Milk L: Stuffed Chicken, Milk S: 100% Fruit Juice, WG Tortilla Chips EDS: Fruit Cup, WG Graham Cracker	B: Cereal Bowl, Fresh Pear, Milk L: Beef and Lamb Kabob, Milk S: Yogurt, Traditional Chex Mix EDS: WG Rice Cake, Motts Applesauce Cup	B: Shelf Stable Yogurt, Granola, Fruit Cup, Milk L: Chicken Soup, Milk S: Motts Applesauce Cup, Vanilla Bears EDS: Traditional Chex Mix, Shelf Stable Yogurt	B: Cereal Bowl, Fresh Banana, Milk L: Beef Pepper Steak, Milk S: WG Cheez Its, 100% Fruit Juice EDS: Animal Crackers, Fresh Pear







VEGETARIAN DIET

		VEGETARIAN DIET		SERVING SOUTHWEST TEX
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B: Blueberry Muffin, Strawberry Applesauce Cup Milk L: Rotini & Veggie Meat, Whole Grain Rotini Pasta Marinara Pasta Sauce, Green Beans, Fresh Pear, Milk S: Tofu bites, WG Crackers EDS: WG Cheez-Its, 100% Juice	4 B: Pancakes & Syrup, Warm AppleCrisp (CHEF), Beyond sausage Milk L: Orange Tofu, Tofu w/ Sauce, Brown Rice, Broccoli, Pineapples panned, Milk S: Pineapple Salsa (CHEF), WG Tortilla Chips EDS: Chocolate Hummus (CHEF), WG Graham Cracker	B: Bagel Sandwich, Cheese Orange Wedges, Milk L: Veggie Chili (CHEF), Cornbread Muffin, Jicama Salad (CHEF), Fruit Cocktail panned, Milk S: Strawberry Apple Sauce Cup, Traditional Chex Mix EDS: WG Rice Cake, Fresh Apple	B: Apple Cinnamon Oatmeal, Tropical Fruit Cup, Milk L: Macaroni & Cheese, Tofu, Fresh Apple, Green Beans, Milk, Barbque Sauce S: Apple Sauce Cup, Vanilla Bears EDS: Baked Fruit Bar, Yogurt	7 B: Cereal Bowl - Cheerios, Fresh Banana, Milk L: Thai Tofu Salad, Ginger Rice, Spring Mix, tropical Fruit Cup, Thai Dressing, Milk S: WG Cheez Its, 100% Apple Juice EDS: Animal Crackers, Fresh Pear
B: Biscuit, Applesauce Cup, Milk, Jelly L: Cheese Pizza, Glazed Carrots, Fresh Pear, Milk S: Hummus spinach & Cheese Wrap EDS: Ginger Bread Cookie, 100% Juice	B: Breakfast Pizza, Warm Apple Crisp (CHEF), Milk L: Teriyaki Tofu (Grilled), Brown Rice, Pineapple Panned, Steamed Broccoli, Milk S: Hummus, Baby Carrots EDS: Cheese Stick, Fresh Apple	B: Croissant Sandwich, Egg & Cheese, Orange Wedges Milk L: Beans & Cheese Tamales, Black Beans, Confetti Corn (CHEF), Fruit Cocktail panned, Milk S: Apple Cinnamon Bears, Fresh Banana EDS: ChicPea Salad, WG Crackers	B: French Toast Sticks, Tropical Fruit Cup, Milk L: Veggie Shepherds Pie, WG Roll, Apple, Milk S: Sun Butter Sandwich EDS: Apple Cinnamon Bears, Fresh Pear	B: Cereal Bowl - Rice Chex, Fresh Banana, Milk L: Fiesta Corn Salad Brown Rice, tropical Fruit Cup, Spinach, Milk, Fiesta Dressing S: 100% Fruit Punch, Cheddar Goldfish EDS: Oat Bar, Orange Wedges
B: Apple Cinnamon Muffin, Strawberry Applesauce Cup, Milk L: Lasagna, Normandy Blend, Fresh Pear, Milk S: Yogurt, Granola EDS: Vanilla Bears, 100% Juice	B: Apple cinnamon Muffin, Strawberry Applesauce Cup, Milk L: Sesame Tofu (Breaded), Brown Rice, Pineapple Panned, Broccoli, Milk S: Apple Cinnamon Bears, Fresh Pear EDS: Mixed Berries, Yogurt Parfait, Granola	B: English Muffin Sandwich, Cheese, Orange Wedges/, Milk L: Tofu Calabaza, corn, squash, peppers, Jicama Salad (CHEF), Fruit Cocktail panned, Spanish Rice, Milk S: Apple Cinnamon Bears, Fresh Pear EDS: Fresh Banana, Nutri Grain Bar	B: Cheese Omelet, WG Biscuit, Tropical Fruit Cup, Milk L: Veggie Chicken Fried Chicken w/ Gravy, DF Cauliflower Mash, Green Beans, WG Roll, S: Cheddar Cheese Block, WG Cracker EDS: Sour Fruit Raisels, WG Graham Crackers	B: Cereal Bowl - Multi Grain Cheerios, Fresh Banana, Milk L: BBQ Tofu Salad, Whole Grain Roll, Tropical Fruit Cup, Beans, Corn, & Tomatoes, Spring Mix, Cilantro Dressing, Milk S: 100% Orange Tangerine Juice, Vanilla Bears EDS: Strawberry Applesauce Cup, Cereal Bar
B: Bagel, Applesauce Cup, Jelly, Milk L: Veggie Penne Alfredo, Broccoli, Fresh Pear, Milk S: Tofu bites, WG Crackers EDS: WG Cheez-Its, 100% Juice	B: Cheese Egg Bites, , Warm Apple Crisp (CHEF), Milk L: Tofu Lo Mein, Normandy Blend, Pineapple Panned, Milk S: Pineapple Salsa (CHEF), WG Tortilla Chips EDS: Chocolate Hummus (CHEF), WG Graham Cracker	B: Biscuit Sandwich, Cheese, Orange Wedges/, Milk L: Cheese Enchiladas, Spanish Rice, Pinto Beans, Fruit Cocktail panned, Milk S: Strawberry Applesauce Cup, Traditional Chex Mix EDS: WG Rice Cake, Fresh Apple	B: Pancakes & Syrup, Tropical Fruit Cup, Beyond sausage, Milk L: Vegetarian nuggets, Dinner Roll, Cauliflower Mash Potatoes, Green Beans, Fresh Apple, Milk S: Applesauce e Cup, Vanilla Bears EDS: Baked Fruit Bar, Yogurt	B: Cereal Bowl - Cheerios, Fresh Banana, Milk L: Basil Pesto Salad Tofu, Tropical Fruit Cup, Baby Carrots, Spinach, Ranch Dressing, Milk S: WG Cheez Its, 100% Apple Juice EDS: Animal Crackers, Fresh Pear