

DAIRY FREE BREAKFAST 2026

MENU SUBJECT TO CHANGE • MAIN MENU FOR ALL SCHOOLS

MONDAY

5

- Plain Grits
- Turkey Sausage
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

12

- Plain Grits
- Turkey Sausage
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

19

- Plain Grits
- Turkey Sausage
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

26

- Plain Grits
- Turkey Sausage
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

31

- Plain Grits
- Turkey Sausage
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

TUESDAY

6

- Cinnamon/Sugar Oatmeal
- Turkey Sausage
- Fresh Apples
- Juice Choice
- Lactose-Free Milk or Water

13

- Cinnamon/Sugar Oatmeal
- Turkey Sausage
- Fresh Apples
- Juice Choice
- Lactose-Free Milk or Water

20

- Cinnamon/Sugar Oatmeal
- Turkey Sausage
- Fresh Apples
- Juice Choice
- Lactose-Free Milk or Water

27

- Cinnamon/Sugar Oatmeal
- Turkey Sausage
- Fresh Apples
- Juice Choice
- Lactose-Free Milk or Water

WEDNESDAY

7

- Toast & Jelly
- Turkey Sausage
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

14

- Toast & Jelly
- Turkey Sausage
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

21

- Toast & Jelly
- Turkey Sausage
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

28

- Toast & Jelly
- Turkey Sausage
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

THURSDAY

8

- Croissant & Jelly
- Turkey Sausage
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

15

- Croissant & Jelly
- Turkey Sausage
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

22

- Croissant & Jelly
- Turkey Sausage
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

29

- Croissant & Jelly
- Turkey Sausage
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

FRIDAY

9

- Crunchy Cereal
- PopTart
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

16

- Crunchy Cereal
- PopTart
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

23

- Crunchy Cereal
- PopTart
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

30

- Crunchy Cereal
- PopTart
- Fresh Fruit
- Juice Choice
- Lactose-Free Milk or Water

STUDENTS MAY SELECT THE FOLLOWING ITEMS:



Choice of 1 Entrée



Choice of 1 Grain



May Choose All Vegetables



May Choose up to 2 Fruits



Choice of Milk if desired

- Students **MUST** choose at least ½ cup fruit or ½ cup vegetable.
- Students may decline 2 of the 5 food components. Milk is **NOT** required.

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