

DAIRY FREE LUNCH MENU

MENU SUBJECT TO CHANGE • MAIN MENU FOR ALL SCHOOLS

MONDAY

5

- Red Beans & Rice
- Turnip Greens
- Sweet Potatoes
- Cornbread Muffin
- Fruit Choice
- Lactose Free Milk or Water

12

- Red Beans & Rice
- Turnip Greens
- Sweet Potatoes
- Cornbread Muffin
- Fruit Choice
- Lactose Free Milk or Water

19

- Red Beans & Rice
- Turnip Greens
- Sweet Potatoes
- Cornbread Muffin
- Fruit Choice
- Lactose Free Milk or Water

26

Brunch for Lunch!

- Pastalaya
- Turnip Greens
- Sweet Potatoes
- Cornbread Muffin
- Fruit Choice
- Lactose Free Milk or Water

31

- Red Beans & Rice
- Turnip Greens
- Sweet Potatoes
- Cornbread Muffin
- Fruit Choice
- Lactose Free Milk or Water

TUESDAY

6

- Beefy Tacos/Salsa
- Tossed Salad Cup
- Fiesta Corn
- Fiesta Beans
- Fruit Choice
- Lactose Free Milk or Water

13

- Beefy Tacos/Salsa
- Tossed Salad Cup
- Fiesta Corn
- Fiesta Beans
- Fruit Choice
- Lactose Free Milk or Water

20

- Beefy Tacos/Salsa
- Tossed Salad Cup
- Fiesta Corn
- Fiesta Beans
- Fruit Choice
- Lactose Free Milk or Water

27

- Chicken Tacos/Salsa
- Tossed Salad Cup
- Fiesta Corn
- Fiesta Beans
- Fruit Choice
- Lactose Free Milk or Water

WEDNESDAY

7

- Dill Nuggets
- Seasoned Fries
- Fresh Broccoli/Ranch
- Mixed Veggies
- Fruit Choice
- Lactose Free Milk or Water

14

- Dill Nuggets
- Seasoned Fries
- Fresh Broccoli/Ranch
- Mixed Veggies
- Fruit Choice
- Lactose Free Milk or Water

21

- Stewed Chicken
- Rice & Gravy
- Green Beans
- Cucumbers/Tomatoes/Ranch
- Roll
- Fruit Choice
- Lactose Free Milk or Water

28

- Croissant & Jelly
- Sausage
- Hashbrown
- Baby Carrots/Ranch
- Fruit Choice
- Lactose Free Milk or Water

THURSDAY

8

- Baked Chicken Leg
- Mixed Veggies
- Broccoli/Tomato/Ranch
- Roll
- Fruit Choice
- Lactose Free Milk or Water

15

- Beef-a-Roni
- Carrot Sticks & Ranch
- Winter Blend Veggies
- Roll
- Fruit Choice
- Lactose Free Milk or Water

22

- Spaghetti & Meat Sauce
- Tossed Salad/Dressing
- Mixed Veggies
- Garlic Rolls
- Fruit Choice
- Lactose Free Milk or Water

29

- Baked Chicken Leg
- Cucumbers/Ranch
- Mixed Veggies
- Roll
- Fruit Choice
- Lactose Free Milk or Water

FRIDAY

9

- Crispy Chicken Sandwich
- Seasoned Fries
- California Blend Veggies
- Lettuce/Tomato/Pickle
- Fruit Choice
- Lactose Free Milk or Water

16

- Hamburgers
- Seasoned Fries
- California Blend Veggies
- Lettuce/Tomato/Pickle Cup
- Fruit Choice
- Lactose Free Milk or Water

23

- Crispy Chicken Sandwich
- Seasoned Fries
- California Blend Veggies
- Lettuce/Tomato/Pickle
- Fruit Choice
- Lactose Free Milk or Water

30

- Hot Dogs/Chili Dogs
- Seasoned Fries
- Broccoli/Ranch
- California Blend Veggies
- Fruit 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.

➤ THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ➤