

DAIRY FREE MENU

4 - WEEK ROTATING MENU

MONTH: JANUARY
YEAR : 2023
CENTER: PARENT INFANT CENTER



ACAW Enterprise
Childcare Food Service & Manufacturing

MENU KEY:

(D) = Dairy

(B) = Beef

(E) = Egg

(C) = Citrus

(W) = Wheat

** = Wheat componet can be omitted

2	MONDAY	3	TUESDAY	4	WEDNESDAY	5	THURSDAY	6	FRIDAY [1]
Meat / Alt	(B) Salisbury Steak	Meat / Alt	General Tso Chicken Sandwich Chicken Patty, Sauce Optional	Meat / Alt	Turkey & Gravy	Meat / Alt	Sloppy Joe** Ground Beef	Meat / Alt	
Grain	WG Brown Rice	Grain	WG Hamburger Roll	Grain	WG Brown Rice	Grain	(W) WG Hamburger Roll	Grain	
Veg	Peas/Corn/Carrot/Stringbean	Veg	String Beans	Veg	Broccoli / Cauliflower / Carrot	Veg	Cob Corn	Veg	
Fruit	Cantelope / Honeydew	Fruit	Apple Slices	Fruit	Grapefruit Slices	Fruit	Orange Slices	Fruit	
L/D	Milk	L/D	Dairy Free Milk	L/D	Milk	L/D	Dairy Free Milk	L/D	Milk
9	MONDAY	10	TUESDAY	11	WEDNESDAY	12	THURSDAY	13	FRIDAY [2]
Meat / Alt	(B) Beef Franks **	Meat / Alt	(W) Chicken Noodle Soup Chicken Breast	Meat / Alt	Turkey Burger **	Meat / Alt	(B) Salisbury Steak	Meat / Alt	
Grain	(W) WG Hotdog Roll	Grain	(W) WG Rotini Noode	Grain	(W) WG Hamuburger Bun	Grain	WG Brown Rice	Grain	
Veg	Veggie Baked Beans	Veg	String Beans	Veg	Sweet Potato Mash	Veg	Peas/Corn/Carrot/Stringbean	Veg	
Fruit	Orange Slices	Fruit	Apple Slices	Fruit	Grapefruit Slices	Fruit	Orange Slices	Fruit	
L/D	Milk	L/D	Dairy Free Milk	L/D	Milk	L/D	Dairy Free Milk	L/D	Milk
16	MONDAY	17	TUESDAY	18	WEDNESDAY	19	THURSDAY	20	FRIDAY [3]
PIC CLOSED		Meat / Alt	Pulled BBQ Chicken **	Meat / Alt	Walking Taco ** Seasoned Turkey Taco Meat	Meat / Alt	Turkey Slider ** Turkey Lunchmeat	Meat / Alt	
		Grain	(W) WG Corn Bread Poppers	Grain	(W) WG Corn Chips	Grain	(W) WG Slider Roll	Grain	
		Veg	String Beans	Veg	Lettuce / Diced Tomato	Veg	Tossed Salad w/ Dressing	Veg	
		Fruit	Apple Slices	Fruit	Grapefruit Slices	Fruit	Orange Slices	Fruit	
		L/D	Milk	L/D	Milk	L/D	Dairy Free Milk	L/D	Milk
23	MONDAY	24	TUESDAY	25	WEDNESDAY	26	THURSDAY	27	FRIDAY [4]
Meat / Alt	(B) Meaballs w/ Gravy **	Meat / Alt	(W) Chicken Tenders w/ Honey Mustard	Meat / Alt	Turkey Burger**	Meat / Alt	Pizza Bage/ ** DF Mozzarella / Turkey Pepperoni	Meat / Alt	
Grain	(W) WG Noodle	Grain	(W) WG Dinner Roll	Grain	(W) WG Hamuburger Bun	Grain	(W) WG Bagel	Grain	
Veg	Peas/Corn/Carrot/Stringbean	Veg	String Beans	Veg	Sweet Potato Mash	Veg	Tossed Salad w/ Dressing	Veg	
Fruit	Cantelope / Honeydew	Fruit	Apple Slices	Fruit	Grapefruit Slices	Fruit	Orange Slices	Fruit	
L/D	Milk	L/D	Dairy Free Milk	L/D	Milk	L/D	Dairy Free Milk	L/D	Milk
30	MONDAY	31	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY [5]
Meat / Alt	(B) Salisbury Steak	Meat / Alt	General Tso Chicken Sandwich Chicken Patty, Sauce Optional					Meat / Alt	
Grain	WG Brown Rice	Grain	WG Hamburger Roll					Grain	
Veg	Peas/Corn/Carrot/Stringbean	Veg	String Beans					Veg	
Fruit	Cantelope / Honeydew	Fruit	Apple Slices					Fruit	
L/D	Milk	L/D	Dairy Free Milk					L/D	Milk

[1] WEEK 1

[2] WEEK 2

[3] WEEK 3

[4] WEEK 4

[5] WEEK 1