

DAIRY FREE MENU

4 - WEEK ROTATING MENU

MONTH: SEPTEMBER
 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	

	MONDAY		TUESDAY		WEDNESDAY	31	THURSDAY	1	FRIDAY [1]
									Grain
									Veg
									Fruit
									Milk
4	MONDAY	5	TUESDAY	6	WEDNESDAY	7	THURSDAY	8	FRIDAY [2]
	PIC CLOSED		W) Chicken Tenders w/ Honey Mustard		Q Steak Flatbread Beef Steak / Mozzarella Cheese / BBQ Sauce		izza Bagel Turkey Pepperoni , Dairy Free Mozzarella		Meat / Alt Tomato Pie
	FOR		(W) WG Roll		(W) WG Flatbread		(W) WG Bagel		Grain Pizza Crust
	LABOR DAY		String Beans		Broccoli / Cauliflower / Carrot		Tossed Salad w/ Dressing		Veg Toamato Sauce
			Apple Slices		Watermelon, Fresh		Orange Slices		Fruit Applesauce
L		L	Dairy Free Milk	L	Dairy Free Milk	L	Dairy Free Milk	L	Milk 1% or Whole Milk
11	MONDAY	12	TUESDAY	13	WEDNESDAY	14	THURSDAY	15	FRIDAY [3]
	(B) Salisbury Steak) General Tso Chicken Sandwich Chicken Patty, Sauce Optional		Turkey & Gravy) Sloppy Joe Ground Beef		Meat / Alt Tomato Pie
	WG Brown Rice		(W) WG Hamburger Roll		WG Brown Rice		(W) WG Hamburger Roll		Grain Pizza Crust
	Peas/Corn/Carrot/Stringbean		String Beans		Broccoli / Cauliflower / Carrot		Cob Corn		Veg Toamato Sauce
	Orange Slices		Apple Slices		Watermelon, Fresh		Orange Slices		Fruit Applesauce
L	Dairy Free Milk	L	Dairy Free Milk	L	Dairy Free Milk	L	Dairy Free Milk	L	Milk 1% or Whole Milk
18	MONDAY	19	TUESDAY	20	WEDNESDAY	21	THURSDAY	22	FRIDAY [4]
	Cowboy Beans Ground Beef		Chicken Noodle Soup Chicken Breast		Turkey Burger		(B) Salisbury Steak		Meat / Alt Tomato Pie
	(W) WG Dinner Roll		WG Brown Rice		(W) WG Hamburger Roll		WG Brown Rice		Grain Pizza Crust
	Veggie Baked Beans		String Beans		Sweet Potato Mash		Peas/Corn/Carrot/Stringbean		Veg Toamato Sauce
	Grapefruit Slices		Apple Slices		Watermelon, Fresh		Orange Slices		Fruit Applesauce
L	1% or Whole Milk	L	Dairy Free Milk	L	Dairy Free Milk	L	Dairy Free Milk	L	Milk 1% or Whole Milk
25	MONDAY	26	TUESDAY	27	WEDNESDAY	28	THURSDAY	29	FRIDAY [5]
	W) Baked Ziti Turkey Meatsauce		Pulled BBQ Chicken		Walking Taco Seasoned Turkey Taco Meat		Turkey Sliders Sliced Turkey or Chicken		Meat / Alt Tomato Pie
	WG Noodle		(W) WG Corn Bread Poppers		(W) WG Tortilla Wrap		(W) WG Roll		Grain Pizza Crust
	Peas/Corn/Carrot/Stringbean		String Beans		Lettuce / Diced Tomato		Tossed Salad w/ Dressing		Veg Toamato Sauce
	Cantelope / Honeydew		Apple Slices		Watermelon, Fresh		Orange Slices		Fruit Applesauce
L	Dairy Free Milk	L	Dairy Free Milk	L	Dairy Free Milk	L	Dairy Free Milk	L	Milk 1% or Whole Milk

[1] WEEK 3

[2] WEEK 4

[3] WEEK 1

[4] WEEK 2

[5] WEEK 2