

DAIRY FREE MENU

4 - WEEK ROTATING MENU

MONTH: OCTOBER
 YEAR : 2024
 CENTER:



ACAW Enterprise
 Childcare Food Service & Manufacturing

MENU KEY:	
(D)	= Dairy
(B)	= Beef
(E)	= Egg
(C)	= Citrus
(W)	= Wheat

	MONDAY	1	TUESDAY	2	WEDNESDAY	3	THURSDAY	4	FRIDAY [1]
			Meat / Alt Vegetable Casserole		Meat / Alt Vegetarian Meatball Sub		Meat / Alt Chicken Tenders		
			Grain WG Pasta		Grain WG Dinner Roll		Grain WG Dinner Roll		
			Veg Cauliflower Medley		Veg Glazed Carrots		Veg Glazed Carrots		
		L / D	Fruit Fresh Fruit, Apple Slices	L / D	Fruit Fresh Fruit, Watermelon	L / D	Fruit Fresh Fruit, Oranges		
			Milk 1% or Whole Milk	D	Milk 1% or Whole Milk	D	Milk 1% or Whole Milk		
7	MONDAY	8	TUESDAY	9	WEDNESDAY	10	THURSDAY	11	FRIDAY [2]
	Meat / Alt Vegetarian Pasta		Meat / Alt Vegetable Casserole		Meat / Alt Turkey Sloppy Joe		Meat / Alt Turkey Burger		
	Grain Veggie Sausage		Grain WG Pasta		Grain Ground Beef		Grain WG Bun		
	Veg WG Pasta		Veg Cauliflower Medley		Veg WG Hamburger Bun		Veg Glazed Carrots		
	Fruit String Beans	L / D	Fruit Fresh Fruit, Apple Slices	L / D	Fruit Fresh Fruit, Watermelon	L / D	Fruit Fresh Fruit, Oranges		
	Milk Fresh Fruit, Canteloupe		Milk 1% or Whole Milk	D	Milk 1% or Whole Milk	D	Milk 1% or Whole Milk		
14	MONDAY	15	TUESDAY	16	WEDNESDAY	17	THURSDAY	18	FRIDAY [3]
	Meat / Alt Vegetarian Pasta		Meat / Alt Vegetable Casserole		Meat / Alt Turkey Salad Wrap		Meat / Alt Roast Chicken		
	Grain Veggie Sausage		Grain WG Pasta		Grain White Tuna		Grain Chicken Breast		
	Veg WG Pasta		Veg Cauliflower Medley		Veg WG Tortilla Wrap		Veg Brown Rice		
	Fruit String Beans	L / D	Fruit Fresh Fruit, Apple Slices	L / D	Fruit Tossed Salad w/ Dressing	L / D	Fruit Fresh Fruit, Oranges	L / D	
	Milk Fresh Fruit, Canteloupe		Milk 1% or Whole Milk	D	Milk 1% or Whole Milk	D	Milk 1% or Whole Milk	D	
21	MONDAY	22	TUESDAY	23	WEDNESDAY	24	THURSDAY	25	FRIDAY [4]
	Meat / Alt Vegetarian Pasta		Meat / Alt Vegetable Casserole		Meat / Alt Turkey Ham Wrap		Meat / Alt Grilled Steak		
	Grain Veggie Sausage		Grain WG Pasta		Grain Turkey Ham / Cheese		Grain WG Dinner Roll		
	Veg WG Pasta		Veg Cauliflower Medley		Veg WG Tortilla Wrap		Veg Mashed Potato		
	Fruit String Beans	L / D	Fruit Fresh Fruit, Apple Slices	L / D	Fruit Tossed Salad w/ Dressing	L / D	Fruit Fresh Fruit, Oranges	L / D	
	Milk Fresh Fruit, Canteloupe		Milk 1% or Whole Milk	D	Milk 1% or Whole Milk	D	Milk 1% or Whole Milk	D	
28	MONDAY	29	TUESDAY	30	WEDNESDAY	31	THURSDAY		FRIDAY [5]
	Meat / Alt Vegetarian Pasta		Meat / Alt Vegetable Casserole		Meat / Alt Chicken Breast		Meat / Alt Beef Sandwich		
	Grain Veggie Sausage		Grain WG Pasta		Grain WG Dinner Roll		Grain Beef Meatball		
	Veg WG Pasta		Veg Cauliflower Medley		Veg Sweet Potatoes		Veg Glazed Carrots		
	Fruit String Beans	L / D	Fruit Fresh Fruit, Apple Slices	L / D	Fruit Fresh Fruit, Watermelon	L / D	Fruit Fresh Fruit, Oranges		
	Milk Fresh Fruit, Canteloupe		Milk 1% or Whole Milk	D	Milk 1% or Whole Milk	D	Milk 1% or Whole Milk		

[1] WEEK 3

[2] WEEK 4

[3] WEEK 1

[4] WEEK 2

[5] WEEK 3