

**DAIRY FREE MENU**

**4 - WEEK ROTATING MENU**

MONTH: JANUARY  
 YEAR : 2025  
 CENTER: PARENT INFANT CENTER



ACAW Enterprise  
 Childcare Food Service & Manufacturing

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY [1]	
				<b>PIC CLOSED</b>		Meat / Alt	<b>Beef / Veggie Chili</b> Ground Beef	Meat / Alt	
						Grain	Brown Rice	Grain	Pizza Crust
						Veg	Mixed Vegetable	Veg	Tomato Sauce [2]
						Fruit	(C) Pineapple	Fruit	Applesauce
L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY [3]	
Meat / Alt	<b>Meatball</b> Veggie Meatballs	Meat / Alt	<b>Casserole</b>	Meat / Alt	<b>Veggie Burger</b>	Meat / Alt	<b>Sour Chicken</b> Chicken Breast	Meat / Alt	
Grain	WG Dinner Roll	Grain	WG Pasta	Grain	WG Bread	Grain	Brown Rice	Grain	Pizza Crust
Veg	String Beans	Veg	Cauliflower Medley	Veg	Sweet Corn	Veg	Glazed Carrots	Veg	Tomato Sauce [4]
Fruit	Pears	Fruit	(C) Mandarin Oranges	Fruit	(C) Fruit Cocktail	Fruit	(C) Pineapple	Fruit	Applesauce
L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY [5]	
Meat / Alt	<b>Marinara Pasta</b> Veggie Sausage	Meat / Alt	<b>Tuesday</b> Ground Beef	Meat / Alt	<b>Vegetable Hummus Wraps</b>	Meat / Alt	<b>Beef / Veggie Chili</b> Ground Beef	Meat / Alt	
Grain	WG Pasta	Grain	WG Tortilla Wrap	Grain	WG Tortilla Wrap	Grain	WG Dinner Roll	Grain	Pizza Crust
Veg	String Beans	Veg	Tomato Salsa / Lettuce	Veg	Tossed Salad w/ Dressing	Veg	Mashed Potato	Veg	Tomato Sauce [6]
Fruit	Pears	Fruit	(C) Mandarin Oranges	Fruit	(C) Fruit Cocktail	Fruit	(C) Pineapple	Fruit	Applesauce
L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY [7]	
	<b>PIC CLOSED</b>	Meat / Alt	<b>Turkey Burger</b>	Meat / Alt	<b>Veggie Burger</b>	Meat / Alt	<b>Chicken Tenders</b>	Meat / Alt	
		Grain	WG Hamburger Bun	Grain	WG Bread	Grain	WG Breading ( Tenders )	Grain	Pizza Crust
		Veg	Sweet Corn	Veg	Sweet Corn	Veg	Glazed Carrots	Veg	Tomato Sauce [8]
		Fruit	(C) Mandarin Oranges	Fruit	(C) Fruit Cocktail	Fruit	(C) Pineapple	Fruit	Applesauce
L / D		L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY [9]	
Meat / Alt	<b>Marinara Pasta</b> Veggie Sausage	Meat / Alt	<b>Ricotta / Basil / Tomato Pasta</b>	Meat / Alt	<b>Vegetable Hummus Wraps</b>	Meat / Alt	<b>Beef / Veggie Chili</b> Ground Beef	Meat / Alt	
Grain	WG Pasta	Grain	WG Pasta	Grain	WG Tortilla Wrap	Grain	Brown Rice	Grain	Pizza Crust
Veg	String Beans	Veg	Cauliflower Medley	Veg	Tossed Salad w/ Dressing	Veg	Mixed Vegetable	Veg	Tomato Sauce [10]
Fruit	Pears	Fruit	(C) Mandarin Oranges	Fruit	(C) Fruit Cocktail	Fruit	(C) Pineapple	Fruit	Applesauce

L / D	Milk	1% or Whole Milk	L / D	Milk	1% or Whole Milk	L / D	Milk	1% or Whole Milk	L / D	Milk	1% or Whole Milk	L / D	Milk	1% or Whole Milk
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[1] WEEK 3

[2] WEEK 2

[3] WEEK 4

[4] WEEK 2

[5] WEEK 1

[6] WEEK 2

[7] WEEK 2

[8] WEEK 2

[9] WEEK 3

[10] WEEK 2