

DAIRY-FREE MENU

CENTER NAME : The Parent Infant Center



|       |            | 3  | MONDAY                                 | 4  | TUESDAY                                | 5  | WEDNESDAY                              | 6  | THURSDAY                               | 7  | FRIDAY        |
|-------|------------|----|----------------------------------------|----|----------------------------------------|----|----------------------------------------|----|----------------------------------------|----|---------------|
| Lunch | Meat / Alt |    | Sloppy Joe                             |    | Beef Taco                              |    | Honey Mustard Chicken Wrap             |    | Chicken & Gravy                        |    |               |
|       | Grain      |    | WG Dinner Roll                         |    | WG Tortilla Wrap                       |    | WG Tortilla Wrap                       |    | Brown Rice                             |    |               |
|       | Veg        |    | Green Beans                            |    | Tomato Salsa / Lettuce                 |    | Tossed Salad w/ Dressing               |    | Cauliflower Medley                     |    |               |
|       | Fruit      |    | Fresh Fruit, Apple Slices              |    | Fresh Fruit, Canteloupe                |    | Fresh Fruit, Oranges                   |    | Fresh Fruit, Honeydew Melon            |    |               |
|       | Milk       |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    |               |
|       |            | 10 | MONDAY                                 | 11 | TUESDAY                                | 12 | WEDNESDAY                              | 13 | THURSDAY                               | 14 | FRIDAY        |
| Lunch | Meat / Alt |    | Sweedish Meatballs                     |    | Chicken Sandwich                       |    | Veggie Wrap                            |    | Veggie Casserole                       |    |               |
|       | Grain      |    | WG Pasta                               |    | WG Roll                                |    | WG Tortilla Wrap                       |    | WG Pasta                               |    |               |
|       | Veg        |    | Green Beans                            |    | Tomato Salsa / Lettuce                 |    | Tossed Salad w/ Dressing               |    | Cauliflower Medley                     |    |               |
|       | Fruit      |    | Fresh Fruit, Apple Slices              |    | Fresh Fruit, Canteloupe                |    | Fresh Fruit, Oranges                   |    | Fresh Fruit, Honeydew Melon            |    |               |
|       | Milk       |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    |               |
|       |            | 17 | MONDAY                                 | 18 | TUESDAY                                | 19 | WEDNESDAY                              | 20 | THURSDAY                               | 21 | FRIDAY        |
| Lunch | Meat / Alt |    | Meatball Sub Sandwich                  |    | Chicken Taco                           |    | Dairy Free Mac & Cheese                |    | Sweet & Sour Chicken                   |    |               |
|       | Grain      |    | WG Roll                                |    | WG Dinner Roll                         |    | WG Dinner Roll                         |    | Brown Rice                             |    |               |
|       | Veg        |    | Green Beans                            |    | Sweet Corn                             |    | Glazed Carrots                         |    | Glazed Carrots                         |    |               |
|       | Fruit      |    | Fresh Fruit , Apples                   |    | Fresh Fruit, Canteloupe                |    | Fresh Fruit, Oranges                   |    | Fresh Fruit, Honeydew Melon            |    |               |
|       | Milk       |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    |               |
|       |            | 24 | MONDAY                                 | 25 | TUESDAY                                | 26 | WEDNESDAY                              | 27 | THURSDAY                               | 28 | FRIDAY        |
| Lunch | Meat / Alt |    | Spaghetti w/ Ground Beef               |    | Pulled BBQ Chicken Taco                |    | Veggie Wrap                            |    | PIC<br>CLOSED                          |    | PIC<br>CLOSED |
|       | Grain      |    | WG Pasta                               |    | WG Tortilla                            |    | WG Tortilla Wrap                       |    |                                        |    |               |
|       | Veg        |    | Green Beans                            |    | Sweet Corn                             |    | Tossed Salad w/ Dressing               |    |                                        |    |               |
|       | Fruit      |    | Fresh Fruit , Apples                   |    | Fresh Fruit, Canteoupe Melon           |    | Fresh Fruit, Oranges                   |    |                                        |    |               |
|       | Milk       |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    |                                        |    |               |