Dallas Day School

May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 whole grain cereal "the Os" *asonally sourced* fresh orang 1% milk ** beef burger patty whole wheat burger bun oven potatoes, diced California veggie medley lettuce, tomato, & ketchup 1% milk ** fresh *seasonal* apple 1% milk	**2** *g.* pineapple "crumb" muff diced pears in juice 1% milk ** cheddar cheese & MAC with whole grain "elbows" steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk ** fresh banana 1% milk	**3** fresh-cut cantaloupe wedge whole grain cereal "squares 1% milk ** homestyle meatloaf n a light tomato brown grav whole grain cornbread mashed potatoes steamed cut green beans 1% milk ** mozzarella cheese stick 100% juice	**4** whole grain waffle -syrup sliced apples in juice 1% milk ** turkey breast n' cheese *fresh baked* whole wheat r mixed fruit in juice broccoli ranch salad light mayonnaise 1% milk ** crunchy trail mix 1% milk
3 **7** toasted oats & raisins *asonally sourced* fresh oran 1% milk ** savory beef meatballs n a vegetable brown sauce whole wheat roll mashed potatoes steamed cut green beans 1% milk ** banana yogurt "pudding" 100% juice	**8** fresh banana whole wheat bread - jelly 1% milk ** awaiian chicken sam'ic whole wheat burger bun brown sugar carrot coins sland potato & pasta salad ketchup 1% milk ** cheese squares & crackers 100% juice	**9** *w.g.* apple n' oats muffin fresh-cut *seasonal* melon 1% milk ** Italian beef pizza wrap h mozzarella cheese & sau in a whole grain tortilla lotsa bean pasta salad mixed fruit in juice 1% milk ** exas honey cornbread-margari 1% milk	**10** pineapple chunks in juice ole wheat pancake(s) - syr 1% milk ** baked chicken pasta with whole grain rotini Italian veggie medley fresh leafy salad greenz' reduced calorie ranch 1% milk ** fresh *seasonal* apple 100% juice	**11** *esh baked w.g.* biscuit - jell applesauce 1% milk ** turkey corny dog, or breaded fish "school" with whole grain breading bbq white beans steamed broccoli cuts 1% milk ** cheddar goldfish 1% milk
4 **14** hole grain cereal "the flaky on fresh *seasonal* apple 1% milk ** beef burger patty whole wheat burger bun baked tater wedge steamed carrot coins ketchup 1% milk ** chilled diced pears in juice 1% milk	**15** hole wheat bread-margarin mandarin oranges in juice 1% milk ** rilled cheese quesadill Spanish-style brown rice seasoned black beans fresh cucumber slices reduced calorie ranch 1% milk ** fresh-cut *seasonal* melon 1% milk	**16** *w.g.* peach n' yogurt muffin pineapple tidbits in juice 1% milk ** chicken breast nuggets with whole grain breading sweet potatoes buttered cut corn ketchup 1% milk ** fresh banana 1% milk	**17** hole grain English muffin-je *asonally sourced* fresh oran 1% milk ** classic red meatsauce & whole-grain spaghetti steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk ** crunchy cheese crackers 1% milk	**18** *w.w.* french toast & syrup sliced apples in juice 1% milk ** turkey breast n' cheese on whole wheat bread green pea pasta salad mixed fruit in juice light mayonnaise 1% milk ** vanilla yogurt "pudding" 100% juice
5 **21** heat raisin bagel - apple jel diced peaches in light 1% milk ** "sloppy Joe" beef w hole w heat burger bun oven potatoes, diced steamed broccoli cuts ketchup 1% milk ** fresh *seasonal* apple 1% milk	**22** *asonally sourced* fresh oran whole wheat roll & 1% milk ** cheddar cheese & MAC with whole grain shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk ** crunchy trail mix 100% juice	**23** *w.g.* carrot spice muffin fresh banana 1% milk ** baked steak fritters with whole grain breading mashed potatoes steamed cut green beans ketchup 1% milk ** pineapple chunks in juice 100% juice	**24** whole grain cereal "the Os" tropical fruit mix 1% milk ** outhern smothered chicke over whole grain noodles black-eyed peas steamed carrot coins watermelon squares 1% milk ** ucumber slices - light ranc 1% milk	**25** whole grain waffle -syrup resh-cut cantaloupe wedge 1% milk ** "Club Pita" - turkey, cheese, "cured" turkey in a w.w. pock hickpea, potato & cuke sala sliced pears in juice mustard 1% milk ** cheese squares & crackers 1% milk
1 **28** memorial DAY	**29** toasted oats & raisins chilled pear halves 1% milk ** tex-mex taco beef whole wheat flour tortilla shredded cheddar cheese refried pinto beans confetti corn medley 1% milk ** cheddar goldfish 100% juice	**30** *v.g.* real blueberry oat muffin pineapple tidbits in juice 1% milk ** baked BBQ chicken ved chopped w ith mild bbq sau whole wheat bread slice sweet potatoes steamed broccoli cuts 1% milk ** fresh-cut *seasonal* melon 1% milk	**31** applesauce whole wheat bread - jelly 1% milk ** beef meatballs Romana whole wheat breadstick steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk ** cheese n' whole wheat roll 1% milk	**1-Jun** french toast & syrup fresh banana 1% milk ** hicken "fried" brown ric ith peas, carrots, and more mandarin oranges in juice fresh cucumber slices reduced calorie ranch 1% milk ** vanilla yogurt "pudding" 100% juice

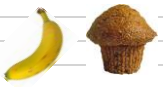
Notes:

Twelve Oaks

committed to providing freshness, variety, and good nutrition on a daily basis

lean meats
chicken breast meat
*
only fresh or frozen veggies
*
fresh or natural juice
fruit
*
always whole grains

all food produced in a TDA inspected kitchen

"always BAKED, never fried"

this menu contains:
no pork
or pork products
no peanuts
or peanut products