

Dallas Day School March 2018



*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*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 pineapple chunks in juice whole wheat pancake(s) - syrup 1% milk ** baked chicken pasta with whole grain rotini Italian veggie medley fresh leafy salad greenz' reduced calorie ranch 1% milk ** fresh <i>seasonal</i> apple 100% juice	2 fresh baked w.g. biscuit - jelly 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 whole grain cereal "the flaky one" fresh <i>seasonal</i> 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	5 whole wheat bread-margarine mandarin oranges in juice 1% milk ** grilled cheese quesadilla Spanish-style brown rice seasoned black beans fresh cucumber slices reduced calorie ranch 1% milk ** fresh-cut <i>seasonal</i> melon 1% milk	6 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	7 whole grain English muffin-jelly <i>seasonally sourced</i> fresh orange 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	8 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 ** mozzarella cheese stick 100% juice
10 wheat raisin bagel - apple jelly diced peaches in light syrup 1% milk ** "sloppy Joe" beef whole wheat burger bun oven potatoes, diced steamed broccoli cuts ketchup 1% milk ** fresh <i>seasonal</i> apple 1% milk	11 <i>seasonally sourced</i> fresh orange 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	12 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	13 whole grain cereal "the Os" tropical fruit mix 1% milk ** southern smothered chicken over whole grain noodles black-eyed peas steamed carrot coins watermelon squares 1% milk ** cucumber slices - light ranch 1% milk	14 whole grain waffle -syrup fresh-cut cantaloupe wedge 1% milk ** "Club Pita" - turkey, cheese, & "cured" turkey in a w.w. pocket chickpea, potato & cuke salad sliced pears in juice mustard 1% milk ** cheese squares & crackers 1% milk
16 toasted oats & raisins chilled pear halves 1% milk ** turkey frank, or sliced turkey in gravy whole wheat coney bun baked tater wedge, ketchup steamed mixed vegetables 1% milk ** fresh <i>seasonal</i> apple 1% milk	17 <i>seasonally sourced</i> fresh orange whole grain English muffin-jelly 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	18 w.g. real blueberry oat muffin pineapple tidbits in juice 1% milk ** baked BBQ chicken served chopped with mild bbq sauce whole wheat bread slice sweet potatoes steamed broccoli cuts 1% milk ** fresh-cut <i>seasonal</i> melon 1% milk	19 applesauce whole wheat bread - jelly 1% milk ** beef meatballs Roman style whole wheat breadstick steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk ** cheese n' whole wheat roll 1% milk	20 french toast & syrup fresh banana 1% milk ** chicken "fried" brown rice with peas, carrots, and more. mandarin oranges in juice fresh cucumber slices reduced calorie ranch 1% milk ** mozzarella cheese stick 100% juice
22 whole wheat bagel-cream cheese diced apricots in light syrup 1% milk ** chicken ZOO crew with whole grain breading seasoned black beans steamed carrot coins ketchup 1% milk ** pineapple chunks in juice 1% milk	23 whole grain cereal "the Os" <i>seasonally sourced</i> fresh orange 1% milk ** beef burger patty whole wheat burger bun oven potatoes, diced California veggie medley lettuce, tomato, & ketchup 1% milk ** fresh <i>seasonal</i> apple 1% milk	24 w.g. pineapple "crumb" muffin 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	25 fresh-cut cantaloupe wedge whole grain cereal "squares" 1% milk ** homestyle meatloaf in a light tomato brown gravy whole grain cornbread mashed potatoes steamed cut green beans 1% milk ** mozzarella cheese stick 100% juice	26 whole grain waffle -syrup sliced apples in juice 1% milk ** turkey breast n' cheese fresh baked whole wheat roll mixed fruit in juice broccoli ranch salad light mayonnaise 1% milk ** crunchy trail mix 1% milk

Notes: