

Dallas Day School December 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				2
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29



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



"always
BAKED,
never
fried"

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



Notes:

