

Dallas Day School

January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
whole wheat bagel-cream cheese diced peaches 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	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 ketchup 1% milk ** fresh <i>seasonal</i> / apple 1% milk	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	fresh-cut cantaloupe wedge whole grain cereal "squares" 1% milk ** homestyle meatloaf in a light tomato brown gravy whole grain dinner roll mashed potatoes steamed cut green beans 1% milk ** mozzarella cheese stick 100% juice	
11	12	13	14	15
toasted oats & raisins <i>seasonally sourced</i> fresh orange 1% milk ** savory beef meatballs in a stroganoff sauce whole wheat roll mashed potatoes steamed cut green beans 1% milk ** mozzarella cheese stick 100% juice	fresh banana whole wheat bread - jelly 1% milk ** Hawaiian chicken whole grain 'white' bread brown sugar carrot coins Island potato & pasta salad ketchup 1% milk ** cheese squares & crackers 100% juice	w.g. apple n' oats muffin fresh-cut <i>seasonal</i> melon 1% milk ** Italian beef pizza wrap with mozzarella cheese & sauce in a whole grain tortilla lotsa bean pasta salad mixed fruit in juice 1% milk ** fresh baked whole grain cookie 1% milk	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 1% milk	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
18	19	20	21	22
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	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	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	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	w.w. french toast & syrup sliced apples in juice 1% milk ** turkey breast n' cheese on whole grain 'white' bread green pea pasta salad mixed fruit in juice light mayonnaise 1% milk ** mozzarella cheese stick 100% juice
25	26	27	28	29
wheat raisin bagel - 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	<i>seasonally sourced</i> fresh orange whole wheat roll & turkeyham 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	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 1% milk	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	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 fresh orange wedges mustard 1% milk ** cheese squares & crackers 1% milk



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



"always
BAKED,
never
fried"



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



Notes: