

Dallas Day School

November 2023



"committed to providing freshness, variety, & good nutrition"



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 wg blueberry muffin pineapple tidbits in juice whole or 1% milk **  chicken breast nuggets with <i>whole grain</i> breading mashed potatoes buttered cut corn ketchup 1% milk **  fresh banana 1% milk	2 <i>seasonally sourced</i> fresh orange wg English muffin/jelly whole or 1% milk **  classic house meat sauce with cavatappi pasta twists steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk **  crunchy cheese crackers 100% juice	3 wg french toast stick/syrup sliced apples in juice whole or 1% milk **  mini coney Club sub <i>deli turkey'ham'</i> , turkey, cheese kidney bean, broccoli Ranch salad chilled mixed fruit in juice mustard 1% milk **  vanilla pudding/grahams 100% juice
6 wheat raisin bagel/margarine chilled diced peaches whole or 1% milk **  Frito™ chili pie <i>taco beef, corn chips, shredded cheese</i> taco lettuce & tomato salad Mexicali corn salsa ranch 1% milk ** <i>seasonally sourced</i> fresh apple 1% milk	7 turkey'ham' whole wheat roll <i>seasonally sourced</i> fresh orange whole or 1% milk **  cheesy pasta <i>real cheese sauce &amp; wg elbow mac</i> steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **  crunchy trail mix 100% juice	8 wg carrot spice muffin fresh banana whole or 1% milk **  Italian baked chicken <i>baked chicken breast, house red sauce</i> <i>fresh baked wg</i> breadstick herb & butter mashed potatoes steamed cut green beans 1% milk **  pineapple chunks in juice 1% milk	9 chilled tropical fruit medley wg cereal medley whole or 1% milk **  "school" of fish with <i>whole grain</i> breading cheesy rice pilaf steamed carrot coins ketchup 1% milk **  cucumber slices/hummus dip 1% milk	10 wg waffle/syrup fresh-cut cantaloupe wedge whole or 1% milk **  turkey'ham' & cheese on a <i>fresh baked whole wheat</i> roll count 'em 4 bean salad fresh orange wedges mustard 1% milk **  cheese squares/saltine crackers 100% juice
13 chilled pears in juice wg toasted Os & raisins whole or 1% milk **  turkey frank, or sliced turkey n' gravy <i>whole grain</i> coney bun baked tater tots, ketchup steamed mixed vegetables 1% milk **  fresh <i>seasonal</i> apple 1% milk	14 <i>seasonally sourced</i> fresh orange wg English muffin/jelly whole or 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	15 apple cinnamon bakery bar pineapple tidbits in juice whole or 1% milk **  meatballs in marinara sauce soft whole wheat roll steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **  <i>seasonal</i> fresh-cut melon 1% milk	16 chilled applesauce whole wheat bread/jelly whole or 1% milk **  oven roasted turkey in turkey gravy steamed cut green beans smashed sweet potatoes soft whole wheat roll 1% milk **  string cheese stick 100% juice	17 wg french toast stick/syrup fresh banana whole or 1% milk **  chicken & brown rice <i>with carrots, peas, and more...</i> mandarin oranges in juice fresh cucumber slices reduced calorie ranch 1% milk **  vanilla pudding & grahams 100% juice
20 wg bagel/strawberry cream cheese chilled diced peaches whole or 1% milk **  chicken nuggets with <i>whole grain</i> breading seasoned black beans steamed carrot coins ketchup 1% milk **  pineapple chunks in juice 1% milk	21 wg Cheerios™ n' Chex™ <i>seasonally sourced</i> fresh orange whole or 1% milk **  charbroiled hamburger patty <i>whole grain</i> burger bun oven potatoes, diced California veggie medley ketchup 1% milk **  <i>seasonally sourced</i> fresh apple 1% milk	22	23 24 	
27 <i>seasonally sourced</i> fresh orange wg cereal 'flakes' medley whole or 1% milk **  Swedish-style meatballs parsley buttered noodles steamed cut green beans chilled mixed fruit in juice ** 1% milk **  banana pudding/grahams 100% juice	28 fresh banana honey graham squares whole or 1% milk **  Hawaiian chicken <i>Teriyaki-glazed baked chicken breast</i> <i>whole grain</i> bread slice brown sugar sweet potatoes pineapple carrot coins 1% milk **  cheese squares/saltine crackers 100% juice	29 fresh-cut <i>seasonal</i> melon wg breakfast zucchini bread whole or 1% milk **  wg turkey corny dog, or wg breaded chicken nuggets bbq white beans steamed broccoli cuts ketchup 1% milk **  <i>seasonally sourced</i> fresh apple margarine, 1% milk	30 chilled pineapple chunks wg pancake/syrup whole or 1% milk **  chicken 'paella' <i>Spanish baked chicken &amp; tomato rice</i> fresh leafy salad greenz' fresh-cut melon cubes reduced calorie ranch 1% milk **  fresh baked whole grain cookie 1% milk	

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our menus are built with lean meats, scratch recipes of real fresh food, only fresh or frozen vegetables, and fresh baked whole grain breads & pastas  
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all food produced in a TDA-state inspected kitchen



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always BAKED, never fried!  
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wg = whole grain

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there are no peanut or pork products on our menus or in our recipes  
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"our pursuit is to support the education of students in the practice of better eating"