


Dallas Day School

December 2023



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 warm Southern biscuit/jelly chilled applesauce whole or 1% milk **  cheese pizza pocket <i>mozzarella, marinara, wheat pita bread</i> Italian veggie medley fresh cucumber slices reduced calorie ranch 1% milk ** cheddar goldfish 1% milk
4 <i>seasonally sourced</i> fresh apple wg toasted Os & raisins whole or 1% milk **  whole grain breaded chicken patty <i>whole grain</i> burger bun baked skin-on potato wedges steamed carrot coins ketchup 1% milk ** chilled diced pears in juice 1% milk	5 whole wheat bread/jelly mandarin oranges whole or 1% milk **  grilled cheese quesadilla Tex-Mex brown rice w/veggies seasoned black beans fresh cucumber slices reduced calorie ranch 1% milk ** <i>seasonal</i> fresh-cut melon 1% milk	6 <i>wg</i> apple n' oats 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	7 <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	8 <i>wg</i> french toast stick/syrup sliced apples in juice whole or 1% milk **  mini coney Club sub <i>deli turkey'ham', turkey, cheese</i> kidney bean, broccoli Ranch salad chilled mixed fruit in juice mustard 1% milk ** mozzarella cheese stick 100% juice
11 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	12 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	13 <i>wg</i> 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	14 chilled tropical fruit medley <i>wg</i> 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	15 <i>wg</i> 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
18 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	19 <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	20 real blueberry/lemon bakery bar pineapple tidbits in juice whole or 1% milk **  baked BBQ chicken <i>chopped with mild bbq sauce</i> <i>whole grain</i> bread slice cheddar mashed potatoes steamed broccoli cuts 1% milk ** <i>seasonal</i> fresh-cut melon 1% milk	21 chilled applesauce whole wheat bread/jelly whole or 1% milk **  meatballs in marinara sauce soft whole wheat roll steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk ** string cheese stick 100% juice	22 <i>wg</i> 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 ** diced peaches in light syrup 100% juice
25 	26 <i>wg</i> 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	27 <i>wg</i> pineapple crumb muffin chilled pears in juice whole or 1% milk **  cheesy pasta <i>real cheese sauce &amp; wg rotini spirals</i> steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk ** fresh banana 1% milk	28 fresh-cut melon wedge <i>wg</i> cereal medley whole or 1% milk **  homestyle meatloaf in a tomato brown gravy <i>fresh baked wg</i> roll mashed potatoes steamed cut green beans 1% milk ** turkey'ham'/cheese tortilla 100% juice	29 cinnamon sliced apples <i>wg</i> waffle/syrup whole or 1% milk **  turkey breast n' Jack sandwich on <i>whole grain</i> bread mixed fruit in juice potato & pasta salad light mayonnaise 1% milk ** crunchy trail mix 100% juice

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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

all food produced in a TDA-state inspected kitchen



\*\*  
always BAKED, never fried!  
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wg = whole grain



there are no peanut or pork products on our menus or in our recipes



"our pursuit is to support the education of students in the practice of better eating"