

Dallas Day School

January 2024



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>HAPPY NEW YEAR</p>	<p>mandarin oranges in juice honey graham squares whole or 1% milk **</p> <p>Hawaiian chicken <i>Teriyaki-glazed baked chicken breast</i> whole grain bread slice brown sugar sweet potatoes pineapple carrot coins 1% milk **</p> <p>cheese squares/saltine crackers 100% juice</p>	<p>fresh-cut <i>seasonal</i> melon <i>wg blueberry muffin</i> whole or 1% milk **</p> <p><i>wg</i> turkey corny dog, or <i>wg</i> breaded chicken nuggets bbq white beans steamed broccoli cuts ketchup 1% milk **</p> <p><i>seasonally sourced</i> fresh apple margarine, 1% milk</p>	<p>chilled pineapple chunks <i>wg</i> pancake/syrup whole or 1% milk **</p> <p>chicken spaghetti <i>grilled chicken in cream sauce</i> fresh leafy salad greenz' fresh-cut melon cubes reduced calorie ranch 1% milk **</p> <p><i>fresh baked</i> combread muffin 1% milk</p>	<p>warm Southern biscuit/jelly chilled applesauce whole or 1% milk **</p> <p>cheese pizza pocket <i>mozzarella, marinara, wheat pita bread</i> Italian veggie medley fresh cucumber slices reduced calorie ranch 1% milk **</p> <p>cheddar goldfish 1% milk</p>
<p>8</p> <p><i>seasonally sourced</i> fresh apple <i>wg</i> toasted Os & raisins whole or 1% milk **</p> <p>whole grain breaded chicken patty <i>whole grain</i> burger bun baked skin-on potato wedges steamed carrot coins ketchup 1% milk **</p> <p>chilled diced pears in juice 1% milk</p>	<p>whole wheat bread/jelly mandarin oranges whole or 1% milk **</p> <p>grilled cheese quesadilla Tex-Mex brown rice w/veggies seasoned black beans fresh cucumber slices reduced calorie ranch 1% milk **</p> <p><i>seasonal</i> fresh-cut melon 1% milk</p>	<p><i>wg</i> apple n' oats bakery bar pineapple tidbits in juice whole or 1% milk **</p> <p>chicken breast nuggets with <i>whole grain</i> breading mashed potatoes buttered cut corn ketchup 1% milk **</p> <p>fresh banana 1% milk</p>	<p><i>seasonally sourced</i> fresh orange <i>wg</i> English muffin/jelly whole or 1% milk **</p> <p>classic house meat sauce with cavatappi pasta twists steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>crunchy cheese crackers 100% juice</p>	<p><i>wg</i> french toast stick/syrup sliced apples in juice whole or 1% milk **</p> <p>mini coney Club sub <i>deli turkey'ham', turkey, cheese</i> kidney bean, broccoli Ranch salad chilled mixed fruit in juice mustard 1% milk **</p> <p>vanilla pudding/grahams 100% juice</p>
<p>15</p> <p>wheat raisin bagel/margarine chilled diced peaches whole or 1% milk **</p> <p>Frito™ chili pie <i>taco beef, corn chips, shredded cheese</i> taco lettuce & tomato salad Mexicali corn salsa ranch 1% milk **</p> <p><i>seasonally sourced</i> fresh apple 1% milk</p>	<p>16</p> <p>turkey'ham' whole wheat roll <i>seasonally sourced</i> fresh orange whole or 1% milk **</p> <p>cheesy pasta <i>real cheese sauce & wg elbow mac</i> steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>crunchy trail mix 100% juice</p>	<p>17</p> <p><i>wg</i> blueberry muffin fresh banana whole or 1% milk **</p> <p>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 **</p> <p>pineapple chunks in juice 1% milk</p>	<p>18</p> <p>chilled tropical fruit medley <i>wg</i> cereal medley whole or 1% milk **</p> <p>"school" of fish with <i>whole grain</i> breading cheesy rice pilaf steamed carrot coins ketchup 1% milk **</p> <p>cucumber slices/hummus dip 1% milk</p>	<p>19</p> <p><i>wg</i> waffle/syrup fresh-cut cantaloupe wedge whole or 1% milk **</p> <p>turkey'ham' & cheese on a <i>fresh baked whole wheat</i> roll count'em 4 bean salad fresh orange wedges mustard 1% milk **</p> <p>cheese squares/saltine crackers 100% juice</p>
<p>22</p> <p>chilled pears in juice <i>wg</i> toasted Os & raisins whole or 1% milk **</p> <p>turkey frank, or sliced turkey n' gravy <i>whole grain</i> coney bun baked tater tots, ketchup steamed mixed vegetables 1% milk **</p> <p>fresh <i>seasonal</i> apple 1% milk</p>	<p>23</p> <p><i>seasonally sourced</i> fresh orange <i>wg</i> English muffin/jelly whole or 1% milk **</p> <p>Tex-Mex taco beef whole wheat flour tortilla shredded cheddar cheese refried pinto beans confetti corn medley 1% milk **</p> <p>cheddar goldfish 100% juice</p>	<p>24</p> <p>fresh baked blueberry muffin pineapple tidbits in juice whole or 1% milk **</p> <p>baked BBQ chicken <i>chopped with mild bbq sauce</i> <i>whole grain</i> bread slice cheddar mashed potatoes steamed broccoli cuts 1% milk **</p> <p><i>seasonal</i> fresh-cut melon 1% milk</p>	<p>25</p> <p>chilled applesauce whole wheat bread/jelly whole or 1% milk **</p> <p>meatballs in marinara sauce soft whole wheat roll steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>string cheese stick 100% juice</p>	<p>26</p> <p><i>wg</i> french toast stick/syrup fresh banana whole or 1% milk **</p> <p>chicken & brown rice with <i>carrots, peas, and more...</i> mandarin oranges in juice fresh cucumber slices reduced calorie ranch 1% milk **</p> <p>vanilla pudding & grahams 100% juice</p>
<p>29</p> <p><i>wg</i> bagel/strawberry cream cheese chilled diced peaches whole or 1% milk **</p> <p>chicken nuggets with <i>whole grain</i> breading seasoned black beans steamed carrot coins ketchup 1% milk **</p> <p>pineapple chunks in juice 1% milk</p>	<p>30</p> <p><i>wg</i> Cheerios™ n' Chex™ <i>seasonally sourced</i> fresh orange whole or 1% milk **</p> <p>charbroiled hamburger patty <i>whole grain</i> burger bun oven potatoes, diced California veggie medley ketchup 1% milk **</p> <p><i>seasonally sourced</i> fresh apple 1% milk</p>	<p>31</p> <p><i>breakfast zucchini bread</i> chilled pears in juice whole or 1% milk **</p> <p>cheesy pasta <i>real cheese sauce & wg rotini spirals</i> steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>fresh banana 1% milk</p>		

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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"