

# YOUR EGG & DAIRY FREE MENU

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GREAT NUTRITION IS ONLY THE BEGINNING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>HAPPY NEW YEAR</b> 	<b>2</b> <b>CHICKEN NUGGETS</b> Chicken Wheat Bread (WGR) Carrots Peaches Lactose Free Milk	<b>3</b> <b>BBQ CHICKEN WRAP</b> Chicken Wheat Tortilla Shell (WGR) Corn Fresh Apple Lactose Free Milk	<b>4</b> <b>TURKEY DOGS</b> Turkey Wheat Roll (WGR) Green Beans Peas Lactose Free Milk	<b>5</b> <b>CLOSED FOR THE DAY</b> 	<b>6</b> <b>CHICKEN WRAP</b> Chicken/Salsa Wheat Tortilla Shell Mixed Veggies Fresh Orange Lactose Free Milk
	<b>7</b> <b>CHICKEN PATTY</b> Chicken Wheat Bun (WGR) Green Beans Pineapple Lactose Free Milk	<b>8</b> <b>TACO TUESDAY</b> Ground Chicken & Beef Wheat Tortilla Shell (WGR) Corn Fresh Apple Lactose Free Milk	<b>9</b> <b>SLOPPY JOE</b> Ground Beef Wheat Roll (WGR) Carrots Fresh Orange Slices Lactose Free Milk	<b>10</b> <b>TURKEY BOLOGNA</b> Turkey Bologna Wheat Roll (WGR) Mixed Veggies Peaches Lactose Free Milk	<b>11</b> <b>GOULASH</b> Ground Beef/Red Sauce Wheat Elbow (WGR) Peas Fresh Banana Lactose Free Milk	
	<b>12</b> <b>SALISBURY STEAK</b> Beef Wheat Bread (WGR) Mixed Veggies Pineapple Lactose Free Milk	<b>13</b> <b>BBQ CHICKEN ROLL UP</b> Chicken Wheat Shell (WGR) Green Beans Fresh Apple Lactose Free Milk	<b>14</b> <b>BEEF BOMBER</b> Beef Wheat Roll (WGR) Peas Fresh Orange Lactose Free Milk	<b>15</b> <b>TURKEY SUB</b> Turkey Wheat Roll (WGR) Carrots Fresh Orange Lactose Free Milk	<b>16</b> <b>SOUTHWEST RICE</b> Beans/Chicken Brown Rice (WGR) Corn Fresh Banana Lactose Free Milk	
	<b>18</b> <b>CHICKEN NUGGETS</b> Chicken Wheat Bread (WGR) Green Beans Pear Lactose Free Milk	<b>19</b> <b>TACO TUESDAY</b> Ground Chicken & Beef Wheat Tortilla Shell (WGR) Corn Fresh Apple Lactose Free Milk	<b>20</b> <b>SLOPPY JOE</b> Ground Beef Wheat Bun (WGR) Carrots Pineapple Lactose Free Milk	<b>21</b> <b>TURKEY DOGS</b> Turkey Wheat Bun (WGR) Mixed Veggies Fresh Orange Lactose Free Milk	<b>22</b> <b>GOULASH</b> Ground Beef Wheat Elbow (WGR) Peas Fresh Banana Lactose Free Milk	

JANUARY 2026



All lunches follow cacfp (child and adult care food program) (WGR) = Whole Grain-Rich Foods

**Milk Guide** 12-24 months (1/2 cup Whole Milk) 3-5 Years (3/4 cup 1% Milk) Snack (1/2 cup 1% Milk) 6-Adult (1 cup 1% Milk)

While we do not use any peanut/tree nut products in our food/recipes, we have been advised by all our distributors and lawyers that all warehouses/delivery trucks have peanuts/tree nuts products in/on them and are not stored separately from the food we receive.

**We do not serve any children with severe allergies of any kind.**

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