



| Mar 2026 | | | | | | |
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■ Conferences
 ■ Managers Choice

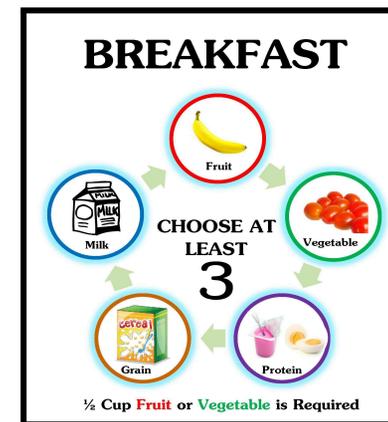
PKU/ Dairy Free Breakfast

| | Monday | Tuesday | Wednesday | Thursday |
|---------------|--|--|---|--|
| Week 1 | Muffin or Cereal Bar Peach Applesauce Juice Almond Milk | Trix Cereal Bar Mixed Berry Cup Juice Almond Milk | Apple Frudel Whole Fruit Juice Almond Milk | Powdered Donuts Whole Apple Juice Almond Milk |
| Week 2 | Mini Cinni Apple Slices Juice Almond Milk | Assorted Cereal Bowls Mixed Fruit Cup Juice Almond Milk | Chocolate Muffin Whole Fruit Juice Almond Milk | Strawberry Nutrigrain Bar Whole Apple Juice Almond Milk |
| Week 3 | Assorted Cereal Bowls Applesauce Juice Almond Milk | Assorted Cereal Bar Pear Cup Juice Almond Milk | Cherry Frudel BWhole Fruit Juice Almond Milk | Blueberry Muffin Whole Apple Juice Almond Milk |

All PKU/ Dairy Free meals are served with almond milk
 All cheese served with PKU/ Dairy Free meals is gluten free and dairy free

Questions or Concerns?
 Contact Eric at greeneric@saydel.net

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■ Conferences

■ Managers Choice

PKU/ Dairy Free Lunch

| | Monday | Tuesday | Wednesday | Thursday |
|--------|---|---|---|---|
| Week 1 | Mac and Cheese Steamed Corn Romaine Salad Mandarin Oranges | Chips, Cheese and Salsa French Fries Cucumber Slices Fresh Fruit | Pizza Munchable Fresh Veggies Grape Tomatoes Fruit Cocktail | GF Pizza Cauliflower Mixed Fresh Veggies Watermelon Slushie |
| Week 2 | Mac and Cheese Normandy Blend Veggies Grape Tomatoes Diced Peaches | Chips, Cheese and Salsa Ranchero Beans Baby Carrots Orange Slices | Pizza Munchable Fresh Veggies Pepper Strips Strawberry Applesauce | GF Pizza Steamed Broccoli Mixed Fresh Veggies Bananas |
| Week 3 | Mac and Cheese Steamed Corn Grape Tomatoes Diced Pineapple | Chips, Cheese and Salsa Steamed Carrots Marinated Veggies Apple Slices | Pizza Munchable Fresh Veggies Lettuce and Tomatoes Fruit Punch Raisels | GF Pizza Steamed Broccoli Mixed Fresh Veggies California Fruit Cup |

All PKU/ Dairy Free meals are served with almond milk
All cheese served with PKU/ Dairy Free meals is gluten free and dairy free

Questions or Concerns?
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The 5 Components of a School Lunch

meat/meat
alternate

grain

milk

Offer Vs. Serve

Choose 1/2 cup fruit,
or 1/2 cup vegetable,
or 1/2 cup combination,
and at least 2 other
components. Choose all 5 for the best nutrition!

fruit

vegetable

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■ Conferences

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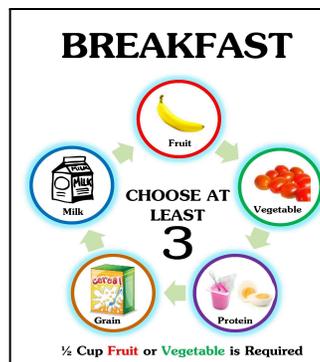
Gluten Free Breakfast

| | Monday | Tuesday | Wednesday | Thursday |
|--------|--|--|---|---|
| Week 1 | GF Pancakes Peach Applesauce Juice Milk | GF Muffin Mixed Berry Cup Juice Milk | Yogurt and Granola Whole Fruit Juice Milk | GF Donuts Whole Apple Juice Milk |
| Week 2 | GF Waffle Apple Slices Juice Milk | GF Cereal Bowl Mixed Fruit Cup Juice Milk | GF Chocolate Muffin Whole Fruit Juice Milk | GF Cereal Bar Cheese Stick Whole Apple Juice Milk |
| Week 3 | GF Cereal Bowl Applesauce Juice Milk | GF Pancakes Pear Cup Juice Milk | Yogurt and Granola Whole Fruit Juice Milk | GF Blueberry Muffin Cheese Stick Whole Apple Juice Milk |

Choice of non-fat white or non-fat chocolate milk is offered to school age children. Preschool age children are served non-fat white milk and water is offered daily. All grains are whole grains.

Questions or Concerns?
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■ Conferences

■ Managers Choice

Gluten Free Lunch

| | Monday | Tuesday | Wednesday | Thursday |
|--------|--|--|---|---|
| Week 1 | Cheeseburger on GF Bun Steamed broccoli Grape Tomatoes Applesauce | GF Chicken Tenders Steamed Corn Romaine, Spring Mix Salad Diced Pears | GF Corn Dog Baked Beans Baby Carrots Fruit Cup | GF Pizza Steamed Trio Veggies Mixed Fresh Veggies Mixed Fruit |
| Week 2 | GF Chicken Tenders Steamed Veggies Baby Carrots Strawberry Applesauce | GF Waffles Sausage Patty Steamed Veggies Cauliflower & Tomatoes Mixed Fruit Cup | Chicken Breast on GF Bun Normandy Blend Veggies Grape Tomatoes Diced Peaches | GF Pizza Steamed Broccoli Mixed Fresh Veggies Pear halves |
| Week 3 | GF Chicken Tenders Steamed Carrots Broccoli Florets Cinnamon Applesauce | GF Tortilla Chips and Tacomeat Refried Beans Lettuce, Cheese & Salsa Fruit Cocktail | GF Mac and Cheese Steamed Mixed Veggies Cauliflower Florets Sliced Apples | GF Pizza Steamed Broccoli Mixed Fresh Veggies California Fruit Cup |

Choice of non-fat white or non-fat chocolate milk is offered to school age children. Preschool age children are served non-fat white milk and water is offered daily. All grains are whole grains.

Questions or Concerns?
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The 5 Components of a School Lunch

Offer Vs. Serve
Choose **1/2 cup fruit**, or **1/2 cup vegetable**, or **1/2 cup combination**, and **at least 2 other components**. Choose all 5 for the best nutrition!

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■ Conferences

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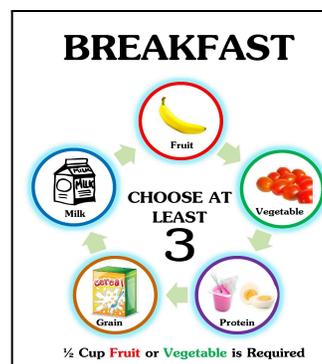
Gluten, Soy, Corn, Nut Free Breakfast

| | Monday | Tuesday | Wednesday | Thursday |
|---------------|--|---|--|--|
| Week 1 | GF Muffin Blueberry Peach Applesauce Juice Milk | GF Chocolate Muffin Mixed Berry Cup Juice Milk | Omelet Whole Fruit Juice Milk | Chex Cereal Bowl Peach Cup Juice Milk |
| Week 2 | GF Muffin Blueberry Apple Slices Juice Milk | GF Chocolate Muffin Mixed Fruit Cup Juice Milk | Omelet Whole Fruit Juice Milk | Chex Cereal Bowl Strawberry Applesauce Juice Milk |
| Week 3 | GF Muffin Blueberry Applesauce Juice Milk | GF Chocolate Muffin Pear Cup Juice Milk | Omelet Whole Fruit Juice Milk | Chex Cereal Bowl California Fruit Cup Juice Milk |

Choice of non-fat white or non-fat chocolate milk is offered to school age children. Preschool age children are served non-fat white milk and water is offered daily. All grains are whole grains.

Questions or Concerns?
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■ Conferences

■ Managers Choice

Gluten, Corn, Soy & Nut Free Lunch

| | Monday | Tuesday | Wednesday | Thursday |
|--------|---|---|--|--|
| Week 1 | GF Mac and Cheese (Diaya) Mashed Potatoes Baby Carrots Diced Peaches | Chicken and (Diaya) Cheese Quesadilla on GF Tortilla Pepper Strips Sliced Apples | Grilled (Diaya) Cheese on GF Bread Crinkle Fries Grape Tomatoes Fruit Slushie | GF Pizza Corn Mixed Fresh Veggies Banana |
| Week 2 | GF Mac and Cheese (Diaya) Steamed Broccoli Wango Mango Applesauce | Chicken and (Diaya) Cheese Quesadilla on GF Tortilla Mixed Fresh Veggies Broccoli and Carrots Fruit Cocktail | Grilled (Diaya) Cheese on GF Bread Cucumber Slices Cinnamon Apples | GF Pizza Steamed Carrots Mixed Fresh Veggies Blueberries and Strawberries |
| Week 3 | GF Mac and Cheese (Diaya) Celery and Carrots Sliced Pears | Chicken and (Diaya) Cheese Quesadilla on GF Tortilla Mixed Fresh Veggies Lettuce and Tomato Raisels | Grilled (Diaya) Cheese on GF Bread Baby Carrots Diced Peaches | GF Pizza Potato Smiles Mixed Fresh Veggies Pineapple |

Alternate Entrées : Pre-packaged reimbursable variety of salads, wraps, sandwiches, PBJ Combo/ String cheese, and bento boxes are offered daily. Choice of nonfat white, non-fat chocolate milk, school age children are served nonfat milk only and water offered daily. All whole grain products.

Questions or Concerns?
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The 5 Components of a School Lunch

meat/meat alternate

grain

milk

Offer Vs. Serve
Choose **1/2 cup fruit**, or **1/2 cup vegetable**, or **1/2 cup combination**, and **at least 2 other components**. Choose all 5 for the best nutrition!

fruit

vegetable

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■ Conferences

■ Managers Choice

Gluten/Corn Free Breakfast

| | Monday | Tuesday | Wednesday | Thursday |
|--------|--|--|---|--|
| Week 1 | GF Pancakes Peach Applesauce Juice Milk | GF Muffin Blueberry or Chocolate Muffin Mixed Berry Cup Juice Milk | GF Waffle Whole Fruit Juice Milk | Chex Cereal Bowl Peach Cup Juice Milk |
| Week 2 | GF Pancakes Apple Slices Juice Milk | GF Muffin Blueberry or Chocolate Muffin Mixed Fruit Cup Juice Milk | GF Waffle Whole Fruit Juice Milk | Chex Cereal Bowl Strawberry Applesauce Juice Milk |
| Week 3 | GF Pancakes Applesauce Juice Milk | GF Muffin Blueberry or Chocolate Muffin Pear Cup Juice Milk | GF Waffle Whole Fruit Juice Milk | Chex Cereal Bowl California Fruit Cup Juice Milk |

Choice of non-fat white or non-fat chocolate milk is offered to school age children. Preschool age children are served non-fat white milk and water is offered daily. All grains are whole grains.

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