

2021-2022 Special Diet EF/DF Menu Week 1

	Day 1	Day 2	Day 3	Day 4	Day 5
Milk	Lactose/Soy Milk 4oz	Lactose/Soy Milk 4oz	Lactose/Soy Milk 4oz	Lactose/Soy Milk 4oz	Lactose/Soy Milk 4oz
Meat/Meat Alternate					
F/V	100% Apple Juice 4.23oz	Pears (1/2c)	Pineapple (1/2 c)	Cinnamon Apples 1/2c	Banana 1 each
G/B	Assorted Cereal including (Rice Chex, Whole grain Cheeeries, Kixs, Cheerios, Rice Krispy, Cinnamon Chex	Assorted Cereal including (Rice Chex, Whole grain Cheeeries, Kixs, Cheerios, Rice Krispy, Cinnamon Chex	100% WG Bread 1 slice	Assorted Cereal including (Rice Chex, Whole grain Cheeeries, Kixs, Cheerios, Rice Krispy, Cinnamon Chex	Assorted Cereal including (Rice Chex, Whole grain Cheeeries, Kixs, Cheerios, Rice Krispy, Cinnamon Chex

	Day 1	Day 2	Day 3	Day 4	Day 5
Milk	Lactose/Soy Milk 4oz	Lactose/Soy Milk 4oz	Lactose/Soy Milk 4oz	Lactose/Soy Milk 4oz	Lactose/Soy Milk 4oz
M/MA	Baked sliced chicken (#199900) 2.oz	Diced Chicken (#527629) 2.oz	Fire Roasted Chicken Breast (#6128822) 2.oz	Baked Salmon (#595141) 2.0oz	Chicken Thigh(618822) 2.oz
1st F/V	Fresh Roasted Sweet Potato (1/4c)	Fresh Sliced Tomatoes(1/4c)	Roasted Cauliflower(1/4c)	Mixed Vegetables(1/4c)	Garden Salad(diced tomato & cucumber)(1/4c)
2nd F/V	Steamed Broccoli(1/2c)	Applesauce(1/2c)	Fresh Fruit Mango (No Banana/Apples) (1/2c)	Mandarin Oranges(1/2c)	Green Beans(1/2c)
G/B	100% WG Bread 1slice	WG Brown Rice 2oz	WG Brown Rice 2oz	WG Roll 1oz	100% WG Bread 1slice

	Day 1	Day 2	Day 3	Day 4	Day 5
F/V	Mixed Fruit 1/2c	Lactose/Soy Milk 4oz	Peaches 1/2c	Sliced Turkey 1oz	Mandarin Oranges 1/2c
Grain	GF Pretzel 1oz	Gram Cracker 1oz	Cheezit 1oz	100% WG Bread 1 slice	Animal crackers 1oz

2021-2022 Special Diet EF DF Menu Week 2

	Day 1	Day 2	Day 3	Day 4	Day 5
Milk	Lactose/Soy Milk 4oz	Lactose/Soy Milk 4oz	Lactose/Soy Milk 4oz	Lactose/Soy Milk 4oz	Lactose/Soy Milk 4oz
Meat/Meat Alternate					
F/V	Pineapple (1/2 c)	Pear (1/2 c)	Banana 1each	Peaches (1/2 c)	Fresh Orange (1/2c)
G/B	Assorted Cereal including (Rice Chex, Whole grain Cheerios, Kixs, Cheerios, Rice Krispy, Cinnamon Chex	Rice Chex 1oz	WG Bread 1 slice	Assorted Cereal including (Rice Chex, Whole grain Cheerios, Kixs, Cheerios, Rice Krispy, Cinnamon Chex	Assorted Cereal including (Rice Chex, Whole grain Cheerios, Kixs, Cheerios, Rice Krispy, Cinnamon Chex

	Day 1	Day 2	Day 3	Day 4	Day 5
Milk	Lactose/Soy Milk 4oz	Lactose/Soy Milk 4oz	Lactose/Soy Milk 4oz	Lactose/Soy Milk 4oz	Lactose/Soy Milk 4oz
M/MA	Roast Turkey Slices 2oz(#21729)	Grilled chicken nuggets(#555695) 2oz	Beef Stir Fry (#100682) 2oz	Turkey Taco (#768230) 2oz Diced tomato	Turkey Sandwich (#680613) 2.oz
1st F/V	Peas & Carrots(1/4c)	Crisp Steamed Broccoli(1/4c)	Stir Fry Vegetables(1/4c)	Corn(1/4c)	Garden Salad (,diced tomato & sliced cucumber) (1/4c.)
2nd F/V	Mandarin Oranges(1/2c)	Applesauce(1/2c)	Fresh Fruit Mango (No Banana/Apples)	Black Beans(1/2c)	Fruit Cocktail (1/2c)
G/B	WG Brown Rice 2oz	WG Roll 1oz	Exotic Grains 2oz	WG Brown Rice 4oz	WG Bread 1 slice

	Day 1	Day 2	Day 3	Day 4	Day 5
F/V	Lactose/Soy Milk 4oz	SS Juice Orange (4.3 oz.)	Applesauce(1/2c)	Lactose/Soy Milk 4oz	Tuna plain 1oz
Grain	GF Pretzels 1oz	Animal crackers 1oz	Blanched Carrots 1/2c	Gram crackers 1oz	Wheat thins(8) 1oz



2020-2021 Special Diet EF DF Menu Week 3

	Day 1	Day 2	Day 3	Day 4	Day 5
Milk	Lactose/Soy Milk 4oz (1-2yr 6oz 3-5yr)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)
Meat/Meat Alternate			Wow Butter .54oz		
F/V	Peaches (1/2c)	Mandarin Oranges (1/2 c)	Fresh Fruit Mango(1/2c)	Cinnamon Apples (1/2c)	Banana 1 each
G/B	Assorted Cereal including (Rice Chex, Whole grain Cheerios, Kixs, Cheerios,Rice Krispy, Cinnamon Chex)	Assorted Cereal including (Rice Chex, Whole grain Cheerios, Kixs, Cheerios,Rice Krispy, Cinnamon Chex)	WG Bread 1 slice	Assorted Cereal including (Rice Chex, Whole grain Cheerios, Kixs, Cheerios,Rice Krispy, Cinnamon Chex) 1oz	Assorted Cereal including (Rice Chex, Whole grain Cheerios, Kixs, Cheerios,Rice Krispy, Cinnamon Chex)

	Day 1	Day 2	Day 3	Day 4	Day 5
Milk	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)
M/MA	Fajita Chicken 2.oz (#380712)	Hamburger 3.1oz #100660	Diced Chicken (#527629) 2.oz BBQ	Fire Roasted Chicken Thigh(618822) 2.oz	Grilled chicken nuggets(#555695) 2oz
1st F/V	Italian Green Beans (1/4 c)	Sweet Potatoes (1/4 c)	Green Peas (1/4 c)	Steamed Baby Carrots (1/4 c)	Mixed Vegetables (1/4 c)
2nd F/V	Pineapple (1/2 c)	Fruit Cocktail (1/2 c)	Applesauce (1/2 c)	Cauliflower (1/2 c)	Pears (1/2 c)
G/B	WG Brown Rice 2oz	WG Bread 1 slice	WG Roll 1oz	Exotic Grains 2oz	WG Brown Rice 2oz

	Day 1	Day 2	Day 3	Day 4	Day 5
F/V	Wow butter .54oz	100% Red Grape Juice	Blanched carrots sticks (1/2c)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Mandarin oranges 1/2c
Grain	WG Bread 1 slice 1oz	Gram crackers 1oz	Wheat thins(8) 1oz	Animal crackers 1oz	Pretzels 1oz

2020-2021 Special Diet EF DF Menu Week 4

	Day 1	Day 2	Day 3	Day 4	Day 5
Milk	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)
Meat/Meat Alternate			Wow butter .54oz		
F/V	Fruit Cocktail (1/2c)	Applesauce (1/2 c)	Fresh Fruit (No Banana/Apple)1/2c	100% Apple Juice 4.23oz	Banana 1each
G/B	Assorted Cereal including (Rice Chex, Whole grain Cheerios, Kixs, Cheerios,Rice Krispy, Cinnamon Chex)	Assorted Cereal including (Rice Chex, Whole grain Cheerios, Kixs, Cheerios,Rice Krispy, Cinnamon Chex)	WG Bread 1 slice	Assorted Cereal including (Rice Chex, Whole grain Cheerios, Kixs, Cheerios,Rice Krispy, Cinnamon Chex) 1oz	Assorted Cereal including (Rice Chex, Whole grain Cheerios, Kixs, Cheerios,Rice Krispy, Cinnamon Chex)
	Day 1	Day 2	Day 3	Day 4	Day 5
Milk	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)
M/MA	Diced Chicken (#527629) 2.oz	Baked Salmon 2oz #595141	Bean Burrito recipe: 1/4c beans diced toomato & peppers 1/4c	Fajita Chicken2.oz (#380712)	Hamburger 3.1oz #168271 (pickle and tomato)(2.75eg)
1st F/V	Green Peas 1/4c	Cucumber Slices 1/4c	Steamed Baby Carrots 1/4c	Stir Fry Vegetables 1/4c	Oven Fried Potatoes 1/4c
2nd F/V	Pineapple 1/2c	Mandarin Oranges 1/2c	Roasted peppers & diced tomatoes1/4c(in burrito)	Mandarin Oranges 1/2c	Pears 1/2c
G/B	WG Brown Rice 2oz	WG roll 1oz	WGR Tortilla 1oz	WG Brown Rice 2oz	WG Bun #517810 1oz

	Day 1	Day 2	Day 3	Day 4	Day 5
F/V	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Wow Butter .54oz	Mandarin Oranges 1/2c	Peaches 1/2c	Lactose/Soy Milk 4oz (1-2)6oz(3-5)
Grain	GF Pretzels 1oz	WG Bread 1 slice 1oz	Wheat thins (8) 1oz	Blanched Veggies 1oz	Gram Crackers 1oz

2020-2021 Special Diet EF DF Menu Week 5

	Day 1	Day 2	Day 3	Day 4	Day 5

Milk	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)																																				
Meat/Meat Alternate																																									
F/V	Fruit Cocktail (1/2 c)	Pineapple (1/2c)	Pears (1/2 c)	Banana 1 each	Applesauce (1/2c)																																				
G/B	Assorted Cereal including (Rice Chex, Whole grain Cheerios, Kixs, Cheerios,Rice Krispy, Cinnamon Chex) 1oz	Assorted Cereal including (Rice Chex, Whole grain Cheerios, Kixs, Cheerios,Rice Krispy, Cinnamon Chex) 1oz	Total WG Cereal	Assorted Cereal including (Rice Chex, Whole grain Cheerios, Kixs, Cheerios,Rice Krispy, Cinnamon Chex) 1oz	WG Bread 1 slice 1oz																																				
<table border="1"> <thead> <tr> <th></th> <th>Day 1</th> <th>Day 2</th> <th>Day 3</th> <th>Day 4</th> <th>Day 5</th> </tr> </thead> <tbody> <tr> <td>Milk</td> <td>Lactose/Soy Milk 4oz (1-2)6oz(3-5)</td> <td>Lactose/Soy Milk 4oz (1-2)6oz(3-5)</td> <td>Lactose/Soy Milk 4oz (1-2)6oz(3-5)</td> <td>Lactose/Soy Milk 4oz (1-2)6oz(3-5)</td> <td>Lactose/Soy Milk 4oz (1-2)6oz(3-5)</td> </tr> <tr> <td>M/MA</td> <td>Sliced Turkey (#680613) 2oz</td> <td>Seasoned Black Beans1/4c</td> <td>Fire Roasted Chicken Thigh(618822)2oz</td> <td>Sliced Turkey (#680613) 2oz</td> <td>Grilled chicken nuggets(#555695) 2oz</td> </tr> <tr> <td>1st F/V</td> <td>Peas and Carrots (1/4 c)</td> <td>Fresh Bell Pepper (1/4 c)</td> <td>Crisp Steamed Broccoli (1/4c)</td> <td>Cumcumber/Tomato/Pickle(1/4c)</td> <td>Roasted potatoes (1/4 c)</td> </tr> <tr> <td>2nd F/V</td> <td>Peaches (1/2 c)</td> <td>Mixed Fruit (1/2 c)</td> <td>Peach Slices (1/2 c)</td> <td>Fresh Fruit Mango (No Banana/Apples)</td> <td>Broccoli (1/2c)</td> </tr> <tr> <td>G/B</td> <td>WG Brown Rice 2oz</td> <td>WG Yellow Rice 2oz</td> <td>WG Brown Rice 2oz</td> <td>WG Bread 1 slice 1oz</td> <td>WGR Roll 1oz</td> </tr> </tbody> </table>							Day 1	Day 2	Day 3	Day 4	Day 5	Milk	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	M/MA	Sliced Turkey (#680613) 2oz	Seasoned Black Beans1/4c	Fire Roasted Chicken Thigh(618822)2oz	Sliced Turkey (#680613) 2oz	Grilled chicken nuggets(#555695) 2oz	1st F/V	Peas and Carrots (1/4 c)	Fresh Bell Pepper (1/4 c)	Crisp Steamed Broccoli (1/4c)	Cumcumber/Tomato/Pickle(1/4c)	Roasted potatoes (1/4 c)	2nd F/V	Peaches (1/2 c)	Mixed Fruit (1/2 c)	Peach Slices (1/2 c)	Fresh Fruit Mango (No Banana/Apples)	Broccoli (1/2c)	G/B	WG Brown Rice 2oz	WG Yellow Rice 2oz	WG Brown Rice 2oz	WG Bread 1 slice 1oz	WGR Roll 1oz
	Day 1	Day 2	Day 3	Day 4	Day 5																																				
Milk	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Lactose/Soy Milk 4oz (1-2)6oz(3-5)																																				
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1st F/V	Peas and Carrots (1/4 c)	Fresh Bell Pepper (1/4 c)	Crisp Steamed Broccoli (1/4c)	Cumcumber/Tomato/Pickle(1/4c)	Roasted potatoes (1/4 c)																																				
2nd F/V	Peaches (1/2 c)	Mixed Fruit (1/2 c)	Peach Slices (1/2 c)	Fresh Fruit Mango (No Banana/Apples)	Broccoli (1/2c)																																				
G/B	WG Brown Rice 2oz	WG Yellow Rice 2oz	WG Brown Rice 2oz	WG Bread 1 slice 1oz	WGR Roll 1oz																																				

	Day 1	Day 2	Day 3	Day 4	Day 5
F/V	100% Orange Juice	Lactose/Soy Milk 4oz (1-2)6oz(3-5)	Hummus (1/4 c)	Applesauce (1/2 c)	Mandarin Oranges (1/2 c)
Grain	Saltines 1oz	Gram crackers 1oz	Wheat thin(8ct) 1oz	sliced turkey 1oz	Animal crackers 1oz