

Dinner Monday

Penne Pasta

Gluten Free pasta – Barilla or Tinkyada

Veggie Marinara

Broccoli & Seasonal vegetable Sauté

Triple Chocolate Brownies

Gluten, Egg & Dairy-free Alternative: GF & Vegan Brownies

2% Milk

Water

Breakfast

Tuesday

Taco Style Ground turkey

Pinto Beans

Seasoned rice

Corn & Wheat tortillas

Seasonal veggie slaw

Salsa & tortilla chips

Vanilla Cupcakes

Gluten, Egg & Dairy-free Alternative: House made Gluten Free Cupcakes

2% Milk

Water

Tuesday

Melon, Pineapple, or strawberries (breakfast fruit)

Scrambled eggs

Breakfast potatoes

Oatmeal

Granola (house made, dairy & egg free)

Yogurt

Blueberry muffins (house made, contains Dairy & Egg)

Gluten, Egg & Dairy-free Alternative: House made Gluten Free Blueberry Muffin

Gorilla Munch Cereal (GF/Vegan)

2% Milk

Water

Orange Juice

Wednesday

Islandwood Pizza

Gluten-free Alternative: Gluten Free/Vegan Pizza Crust

Dairy-free/Vegan Option: Flatbread Pizza with Roasted Vegetables

Green Salad with Vegetables

Ranch Dressing

Oil & Vinegar

Vanilla & Chocolate Ice Cream

Vegan/Dairy Free Alternative: Oatly Frozen Dessert

2% Milk

Water

Wednesday

Melon, Pineapple or strawberries (breakfast fruit)

Scrambled eggs

Turkey sausage

Breakfast rolls (house made, dairy & egg free)

Gluten-free Alternative: Gluten Free toast

Oatmeal

Granola (house made, dairy & egg free)

Yogurt

Gorilla Munch Cereal (GF/Vegan)

2% Milk

Water

Orange Juice

Thursday

Thursday

Melon, Pineapple or strawberries (breakfast fruit)

Scrambled eggs

Breakfast potatoes

Oatmeal

Granola (house made, dairy & egg free)

Yogurt

Apple Cake (house made, contains Dairy & Egg)

Gluten-free Alternative: Vegan Apple Crumb Cake (house made)

Gorilla Munch Cereal (GF/Vegan)

2% Milk

Water

Orange Juice