

<b>MEAL</b>	<b>GLUTEN FREE</b>	<b>DAIRY FREE</b>
Waffles and Sausage Links		
Oven Baked Scrambled Eggs	Oven Baked Scrambled Eggs	Scrambled Eggs No Milk/Lactose Free Milk/Almond Milk
Sausage Patties	Sausage Patties	Sausage Patties
Pears	Pears	Pears
Cottage Cheese	Cottage Cheese	
Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs
Yogurt	Yogurt	
Toast	GF Toast	Toast
Oatmeal / Cereal	Oatmeal / Cereal	Oatmeal / Cereal with Lactose Free Milk or Almond Milk

2024 FEST / MONDAY BREAKFAST

MEAL	GLUTEN FREE	DAIRY FREE
Parmesan Chicken	Baked Chicken Marinated W/Olive Oil & Lemon Juice	Baked Chicken Marinated w/ Olive Oil & Lemon Juice
Mashed Potatoes	Mashed Potatoes	Fresh Mashed Potato W/Vegetable broth and DF Butter
California Veggies W/Italian Seasoning (or Mrs. Dash seasoning)	California Veggies W/Italian Seasoning (or Mrs. Dash seasoning)	California Veggies W/Italian Seasoning (or Mrs. Dash seasoning)
Salad	Salad	Salad
Cherry Dump Cake	GF/DF cookies	DF cookies

2024 FEST / MONDAY DINNER

<b>MEAL</b>	<b>GLUTEN FREE</b>	<b>DAIRY FREE</b>
Tater Tot Casserole with Ham or Sausage (See Kitchen Leader)	Tater Tot Casserole with Ham or Sausage	Scrambled Eggs with Ham or Sausage
Biscuits		
Applesauce	Applesauce	Applesauce
Cottage Cheese	Cottage Cheese	
Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs
Yogurt	Yogurt	
Toast	Toast	Toast
Oatmeal / Cereal	Oatmeal / Cereal	Oatmeal / Cereal with Lactose Free Milk or Almonds Milk

2024 FEST / TUESDAY BREAKFAST

<b>MEAL</b>	<b>GLUTEN FREE</b>	<b>DAIRY FREE</b>
Taco Meat	Taco Meat w/GF Seasonings	Taco Meat
Corn Chips/Taco Shells Shredded Lettuce Tomatoes Jalapenos Sour Cream Cheese Salsa	Corn Chips/Taco Shells Shredded Lettuce Tomatoes Jalapenos Sour Cream Cheese Salsa	Corn Chips/Taco Shells Shredded Lettuce Tomatoes Jalapenos Salsa
Nacho Cheese	Nacho Cheese	
Black Beans	Black Beans	Black Beans
Salad	Salad	Salad
Brownies W/Ice Cream	GF Bownies W/Ice Cream	Brownies

2024 FEST / TUESDAY DINNER

<b>MEAL</b>	<b>GLUTEN FREE</b>	<b>DAIRY FREE</b>
French Toast Bake	Scrambled Eggs	Scrambled Eggs W/Dairy Free Butter
Bacon	Bacon	Bacon
Peaches	Peaches	Peaches
Cottage Cheese	Cottage Cheese	
Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs
Yogurt	Yogurt	
Toast	GF Toast	Toast
Oatmeal / Cereal	Oatmeal / Cereal	Oatmeal / Cereal with Lactose Free Milk or Almond Milk

2024 FEST / WEDNESDAY BREAKFAST

MEAL	GLUTEN FREE	DAIRY FREE
Pulled Pork W/Buns	Pulled Pork	Pulled Pork W/Buns
Steak Fries	GF Fries	Steak Fries
Creamy Coleslaw	Creamy Coleslaw	
Salad	Salad	Salad
Rice Krispie Treats	GF/DF Cookies (If Rice Krispies are certified GF, then that can be the GF dessert)	Rice Krispie Treats made with non-dairy butter

2024 FEST / WEDNESDAY DINNER

MEAL	GLUTEN FREE	DAIRY FREE
Oven Baked Scrambled Eggs	Oven Baked Scrambled Eggs	Scrambled Eggs No Milk/Lactose Free Milk/Almond Milk
Sausage Links	Sausage Links	Sausage Links
Hash Brown Patties		
Leftover Canned Fruit	Leftover Canned Fruit	Leftover Canned Fruit
Cottage Cheese	Cottage Cheese	
Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs
Yogurt	Yogurt	
Toast	GF Toast	Toast
Oatmeal / Cereal	Oatmeal / Cereal	Oatmeal / Cereal with Lactose Free Milk or Almond Milk

2024 FEST / THURSDAY BREAKFAST

<b>MEAL</b>	<b>GLUTEN FREE</b>	<b>DAIRY FREE</b>
Hamburgers / Hotdogs W/Buns	Hamburgers / Hotdogs W/GF Buns or No Buns	Hamburgers / Hotdogs W/Buns
Baked Mac N Cheese	GF Mac N Cheese	Pasta Salad
Baked Beans W/ Onions	Baked Beans W/ Onions	Baked Beans W/ Onions
Salad	Salad	Salad
Peach Cobbler W/Ice Cream	GF/DF Peach Crisp W/Ice Cream	GF/DF Peach Crisp

2024 FEST / THURSDAY DINNER



## CONTINENTAL BREAKFAST

Banana Bread/Pear Bread/Oatmeal Bars
Donuts
Fresh Fruit Bowl
Bananas / Apples
Oatmeal / Cereal
Leftover Canned Fruit
Leftover Breakfast Items

2024 FEST / FRIDAY BREAKFAST