

	Monday, 31	Tuesday, 1	Wednesday, 2	Thursday, 3	Friday, 4
Breakfast	Rice Krispies Cereal, Banana, Milk	Whole Grain Pancakes with Homemade Fresh Blueberry Topping, Fresh Sliced Pears, Milk	Homemade Oatmeal with Fresh Diced Apples, Fresh Sliced Oranges, Milk	Homemade Breakfast Parfait with Yogurt and Mixed Fresh Fruit, Milk	Homemade Breakfast Grilled Cheese with Fresh Eggs, Fresh Sliced Apples, Milk
Lunch	Homemade BBQ Pulled Chicken Sandwich topped with Purple Onions & Sliced Pickles, Baked Sweet Potato Tots, *Pineapple, Milk	Homemade Tuna Cheddar Bites, Steamed Sweet Peas, Fresh Sliced Honeydew, Wheat Roll, Milk	Homemade Baked Spaghetti, Cheesy Garlic Bread, Choice of Fresh House Salad or Steamed Green Beans, *Mango, Milk	Candi's Pizzadillas (sautéed spinach, mozzarella cheese, marinara, baked tortilla), Black Beans, Applesauce, Milk	Homemade Sticky Honey Garlic Shrimp, Yellow Rice, Broccoli Normandy, *Peaches, Milk
Snack	Homemade Spiced Peaches, Low Fat Vanilla Yogurt, Water	Homemade Hummus Cups with Fresh Mixed Veggies, Wheat Crackers, Water	Homemade Banana Pudding, Graham Crackers, Water	Cream Cheese & Fruit Spread Squares on Flatbread, Fresh Sliced Assorted Fruit, Milk	Homemade Granola Snack Bar, Fresh Sliced Pears, Water
	Monday, 7	Tuesday, 8	Wednesday, 9	Thursday, 10	Friday, 11
Breakfast	Cinnamon Toasted Oats, Fresh Banana, Milk	Toasted Wheat Bagel with Choice of Sun Butter or Cream Cheese, Fresh Sliced Oranges, Milk	Homemade Cheese Grits, Wheat Toast Triangles, Fresh Sliced Apples, Milk	Choose Your Homemade Muffin: Cheesy Cornbread or Cinnamon Apple, Fresh Sliced Pears, Milk	Homemade Turkey Sausage and Cheese on Egg Muffin, Fresh Sliced Cantaloupe, Milk
Lunch	Homemade Chicken Taco Lettuce Wraps, Sautéed Mixed Vegetables, Applesauce, Milk	Homemade Orange Turkey Meatballs, Yellow Rice, Broccoli w/ Cheese, *Mangos, Milk	Homemade Pizza Rotini, Italian Green Beans, *Pineapples, Milk	Homemade Cauliflower Grilled Cheese, Lima Beans, *Peaches, Milk	Homemade Gluten Free Veggie Turkey Rollups, Fresh Cesar Salad, Fresh Sliced Assorted Fruit, Milk
Snack	Candi's Healthy French Toast Sticks with Homemade Fresh Strawberry Compote, Cheddar Cheese Squares, Water	Homemade West African Lime Sweet Bread, Fresh Sliced Apples, Water	Homemade Sun Butter Turkey Bacon Wraps with Fruit Preserve, Fresh Sliced Assorted Fruit, Water	Low Fat Cottage Cheese with Fresh Pineapples, Wheat Crackers, Water	Homemade Gluten Free Baked Blueberry Oatmeal Cups, String Cheese, Water
	Monday, 14	Tuesday, 15	Wednesday, 16	Thursday, 17	Friday, 18
Breakfast	Toasted Oats, Fresh Banana, Milk	Whole Grain Pancakes with Homemade Fresh Blueberry Topping, Fresh Sliced Pears, Milk	Homemade Oatmeal with Fresh Diced Apples, Fresh Sliced Oranges, Milk	Homemade Breakfast Parfait with Yogurt and Mixed Fresh Fruit, Milk	Homemade Breakfast Grilled Cheese with Fresh Eggs, Fresh Sliced Apples, Milk
Lunch	Homemade TBLT (Turkey Bacon, Lettuce, Tomato), Choose Your Starch: Roasted Red Potatoes or Potato Salad, Fresh Sliced Assorted Fruit, Milk	Fresh Baked Salmon with Mixed Pasta Blend and Candi's Homemade Pasta Sauce, Sautéed Spinach, *Pineapples, Milk	Homemade Chicken Taco Cups, Fresh Cesar Salad, *Mangos, Milk	Homemade Black Bean Nachos with Soft Pita "Chips," Steamed Sweet Peas, *Peaches, Milk	Hawaiian Sliders with Turkey Ham & Swiss Cheese, Steamed Crinkle Cut Carrots, Assorted Fresh Fruit, Milk
Snack	Homemade Spiced Peaches, Low Fat Vanilla Yogurt, Water	Homemade Hummus Cups with Fresh Mixed Veggies, Wheat Crackers, Water	Homemade Banana Pudding, Graham Crackers, Water	Cream Cheese & Fruit Spread Squares on Flatbread, Fresh Sliced Assorted Fruit, Milk	Homemade Granola Snack Bar, Fresh Sliced Pears, Water
	Monday, 21	Tuesday, 22	Wednesday, 23	Thursday, 24	Friday, 25
Breakfast	Choose Your Cereal: Rice Krispies or Toasted Oats, Fresh Banana, Milk	Toasted Wheat Bagel with Choice of Sun Butter or Cream Cheese, Fresh Sliced Oranges, Milk	Homemade Cheese Grits, Wheat Toast Triangles, Fresh Sliced Apples, Milk	Choose Your Homemade Muffin: Cheesy Cornbread or Cinnamon Apple, Fresh Sliced Pears, Milk	Homemade Turkey Sausage and Cheese on Egg Muffin, Fresh Sliced Cantaloupe, Milk
Lunch	Homemade Loaded Mashed Potatoes, Warm BBQ Meatballs, Wheat Roll, Fresh Sliced Cantaloupe, Milk	Homemade Chicken Teriyaki Bowl (Seasoned Chicken, Steamed Broccoli, Yellow Rice), Fresh Sliced Apples, Milk	Homemade Turkey Penne Pasta Salad, Steamed Mixed Vegetables, *Mangos, Milk	Homemade Cheddar Baked Hashbrowns, Vegetarian Beans, Broccoli Normandy, Applesauce, Milk	Homemade Chicken Salad on Ciabatta Bread, Fresh Carrot Sticks, *Pineapples, Milk
Snack	Candi's Healthy French Toast Sticks with Homemade Fresh Strawberry Compote, Cheddar Cheese Squares, Water	Homemade West African Lime Sweet Bread, Fresh Sliced Apples, Water	Homemade Sun Butter Turkey Bacon Wraps with Fruit Preserve, Fresh Sliced Assorted Fruit, Water	Low Fat Cottage Cheese with Fresh Pineapples, Wheat Crackers, Water	Homemade Gluten Free Baked Blueberry Oatmeal Cups, String Cheese, Water
	Monday, 28	Tuesday, 29	Wednesday, 30	Thursday, 31	Friday, 1
Breakfast	Toasted Oats, Fresh Banana, Milk	Whole Grain Pancakes with Homemade Fresh Blueberry Topping, Fresh Sliced Pears, Milk	Homemade Oatmeal with Fresh Diced Apples, Fresh Sliced Oranges, Milk	Homemade Breakfast Parfait with Yogurt and Mixed Fresh Fruit, Milk	Homemade Breakfast Grilled Cheese with Fresh Eggs, Fresh Sliced Apples, Milk
Lunch	Homemade Salmon Tacos with Homemade Mango Slaw, Mixed Vegetables, Fresh Sliced Cantaloupe, Milk	Homemade All American Turkey Burger, Vegetable Medley with Blue Cheese Crumbles, *Mango, Milk	Homemade Chicken Philly, Steamed Green Beans, *Peaches, Milk	Homemade Fresh Vegetable Roll Ups, Warm Pinto Beans, Fresh Sliced Honeydew, Milk	Homemade BBQ Style Beans with Ground Turkey, Rotini Pasta, Steamed Sweet Peas, *Pineapples, Milk
Snack	Homemade Spiced Peaches, Low Fat Vanilla Yogurt, Water	Homemade Hummus Cups with Fresh Mixed Veggies, Wheat Crackers, Water	Homemade Banana Pudding, Graham Crackers, Water	Cream Cheese & Fruit Spread Squares on Flatbread, Fresh Sliced Assorted Fruit, Milk	Homemade Granola Snack Bar, Fresh Sliced Pears, Water

Serving Size per Age Group	1-2 Years Old	3-5 Years Old	6-12 Years Old
Milk	½ cup	¾ cup	1 cup
Fruit, Vegetables, Juice	¼ cup	½ cup	¾ cup
Bread	½ slice	½ slice	1 slice
Cereal, Grain	¼ cup	¼ cup	½ cup
Meat/Meat Alternative	1 ounce	1 ½ ounces	2 ounces

New Recipes and Seasonal Menu Items

* Fruit that arrives frozen (neither canned nor fresh)

Children's Choice

DHCDC is committed to serving only lean proteins (chicken, turkey, fish), maintaining a nut-free and pork-free facility, all vegetables or fresh or frozen, and preparing homemade meals.

This menu was approved by Ms. Sara Gage. Should you have any inquiries, please contact her at sgage@dhcdc.com

Menu subject to change due to (1) choking hazards of infants & toddlers and (2) known allergies of children in our care