

School Menu

December 2014

	Monday, 1	Tuesday, 2	Wednesday, 3	Thursday, 4	Friday, 5
Breakfast	Cinnamon Toasted Oats Cereal, Applesauce, Milk	Homemade Strawberry Oatmeal Breakfast Bread, Fresh Sliced Oranges, Milk	Homemade Wheat Hot Cereal, Fresh Banana, Milk	Homemade Hot Rice Cereal, Fresh Sliced Pears, Milk	Homemade Breakfast Pizza, Choice of Fresh Grapefruit & Bananas, Milk
Lunch	Homemade Chili with Kidney Beans, Steamed Corn, Homemade Cornbread, Fresh Sliced Fruit, Milk	Sausage & Peppers Baked Ziti, Steamed Mixed Veggies, Fresh Sliced Honey Dew Melon, Milk	Scrambled Egg Burrito, Black Bean Salsa, Warm Glazed Carrots, Fresh Sliced Cantaloupe, Milk	Homemade Meatloaf, Steamed Cabbage, Wheat Dinner Roll, Fresh Sliced Apples, Milk	Hand-crafted Sweet and Sour Chicken Meatballs, Brown Rice, Sautéed Spinach, Fresh Sliced Pineapple, Milk
Snack	Captain Wafers, Mozzarella String Cheese, Water	Fresh Sliced Cucumbers with optional Ranch Dressing, Captain Wafer Crackers, Water	Vanilla Yogurt Parfait with Chex Cereal, Water	Tortilla Triangles with Cream Cheese and Fresh Sliced Strawberries, Water	Chilled 100% Fruit Puree, Vanilla Wafers, Water
	Monday, 8	Tuesday, 9	Wednesday, 10	Thursday, 11	Friday, 12
Breakfast	Homemade Oatmeal of Steel Cut Oats, Fresh Sliced Pears, Milk	Hand-crafted Blueberry Bread, Fresh Banana, Milk	Homemade Hot Rice Pudding, Applesauce, Milk	Baked French Toast with Fruit Compote, Fresh Banana & Apples, Milk	Crisp Rice Cereal, Fresh Sliced Grapefruit, Milk
Lunch	Homemade Chicken Noodle Soup, Warm Crinkle Cut Carrots, Homemade Cornbread, Fresh Slice Apples & Oranges, Milk	Inside-Out Meat Lasagna, Steamed Broccoli, Toasted Baguette, Fresh Sliced Mixed Fruit, Milk	Homemade Mac 'n' Cheese with Spinach, Warm Green Beans, *Mango, Milk	Homemade Mediterranean Chicken, Spanish Yellow Rice, Steamed Sweet Peas, *Peaches, Milk	Hand-crafted Oven Baked Tilapia in Wheat Pita Pockets, Steamed Mixed Veggies, Fresh Banana, Milk
Snack	Captain Wafer Crackers, Fresh Sliced Oranges, Water	Carrot Sticks with optional Soynut Butter, Lightly Salted Rice Cakes, Water	Fresh Cantaloupe, Cottage Cheese, Water	Graham Crackers, Fresh Mixed Fruit, Water	Fig Newton Bars, Fresh Sliced Apples, Water
	Monday, 15	Tuesday, 16	Wednesday, 17	Thursday, 18	Friday, 19
Breakfast	Toasted Oats Cereal, Fresh Sliced Grapefruit, Milk	Homemade Hot Cereal, Fresh Sliced Pears, Milk	Homemade Cheesy Eggs, Wheat Toast, Fresh Banana, Milk	Strawberry Oatmeal Breakfast Bread, Fresh Sliced Oranges, Milk	Cinnamon Raisin Bagel Toasted, Fresh Sliced Grapefruit & Oranges, Milk
Lunch	Homemade Chicken & Blueberry Pasta Salad, Steamed Sweet Peas, *Mango, Milk	Warm Barbecue Meatballs, Seasoned Collard Greens, Wheat Dinner Roll, Fresh Sliced Apples, Milk	Loaded Baked Potato with Cheese, Broccoli, Sour Cream & Chives, Navy Beans, Fresh Sliced Mixed Fruit, Milk	Homemade Vegetable Soup, Homemade Cornbread, Black Beans, Fresh Sliced Pineapples, Milk	Homemade Rösti Potatoes (Swiss Potato Pancakes) with Turkey & Cheese, Glazed Carrots, Fresh Sliced Pears, Milk
Snack	Graham Crackers, Cheddar Cheese Squares, Water	Chilled 100% Fruit Puree, Vanilla Wafers, Water	Vanilla Yogurt Parfait with Chex Cereal, Water	Tortilla Triangles with Cream Cheese and Fresh Sliced Strawberries, Water	Fresh Sliced Cucumbers with optional Ranch Dressing, Captain Wafer Crackers, Water
	Monday, 22	Tuesday, 23	Wednesday, 24	Thursday, 25	Friday, 26
Breakfast	Homemade Oatmeal of Steel Cut Oats, Fresh Sliced Pears, Milk	Hand-crafted Blueberry Bread, Fresh Banana, Milk	CENTER	CENTER	CENTER
Lunch	Homemade Chicken Corn Chowder, Homemade Cornbread, Broccoli Cuts, *Peaches, Milk	Traditional Spaghetti and Meatballs, Fresh Garden Salad, *Mangos, Milk	Happy Holidays!	Happy Holidays!	Happy Holidays!
Snack	Captain Wafer Crackers, Fresh Sliced Oranges, Water	Carrot Sticks with optional Soynut Butter, Lightly Salted Rice Cakes, Water	CLOSED	CLOSED	CLOSED
	Monday, 29	Tuesday, 30	Wednesday, 31	Thursday, 1	Friday, 2
Breakfast	Cinnamon Toasted Oats, Fresh Sliced Apples, Milk	Homemade Hot Cereal, Fresh Sliced Seasonal Fruit, Milk	CENTER	CENTER	Homemade Turkey and Cheese Crepes, Fresh Sliced Pears, Milk
Lunch	Homemade Chicken Gumbo, Steamed Sweet Peas, Fresh Sliced Pears, Milk	Chili Cheese Baked Potato, Fresh Sliced Pineapple, Wheat Crackers, Milk	Happy New Year's Eve!	Happy New Year!	Turkey Bake with Penne Pasta and Marinara Sauce, Mixed Veggies, Fresh Banana, Milk
Snack	Fresh Sliced Oranges, Graham Crackers, Water	Homemade Trail Mix, Vanilla Yogurt, Water	CLOSED	CLOSED	Vanilla Wafers, Chilled 100% Fruit Puree, 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

* Fruit that arrives frozen
(neither canned nor fresh)

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

DHCDC Chef, preparing all food and menus:
Ms. Candisha Williams

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