

	Monday, 1	Tuesday, 2	Wednesday, 3	Thursday, 4	Friday, 5
Breakfast	Toasted Oats, Fresh Banana, Milk	Whole Grain Pancakes Choose Your Homemade Topping: Blueberry, Banana, or Peach, Fresh Sliced Apples, Milk	Homemade Hot Cereal Lightly Sweetened with Brown Sugar, Fresh Sliced Assorted Fruit, Milk	Yogurt Parfait with Cinnamon Toasted Cereal, Choice of Mixed Berries or Fresh Apple Slices, Milk	Choose Your Toast: Cheese or Cinnamon Wheat Toast, Fresh Sliced Oranges, Milk
Lunch	Homemade Creamy Chicken and Broccoli Bowtie Pasta, Dinner Roll, Sliced *Peaches, Milk	Turkey Ravioli Pockets in a Marinara Sauce, Steamed Mixed Veggies, Applesauce, Milk	Choose Your Homemade Pasta: Shrimp or Chicken Penne Alfredo, Steamed Carrots, Diced *Mango, Milk	Homemade Cheesy Black Bean Quesadilla, Fresh Spring Mix Salad, Sliced *Pineapple, Milk	Homemade Cheesy Chicken Sloppy Joe, Oven Baked Rosemary Potatoes, Sliced *Apples, Milk
Snack	Homemade Custard Bean Pie, Fresh Sliced Strawberries, Water	Fresh Vegetable Medley, Low Sodium Rice Cake, optional Soy"Nut" Butter, Water	Fresh Strawberry and Cantaloupe Salad, Mozzarella String Cheese, Water	Homemade Oven-Baked Maple Roasted Sweet Potato Patties, Wheat Toast, Water	Homemade Peach-Banana Frozen Yogurt on a Cone, Fresh Sliced Mixed Fruit, Water
	Monday, 8	Tuesday, 9	Wednesday, 10	Thursday, 11	Friday, 12
Breakfast	Crispy Rice Cereal, Fresh Banana, Milk	Wheat Bagel with optional Cream Cheese, Fresh Sliced Grapefruit, Milk	Homemade Blueberry Oatmeal, Fresh Sliced Apples, Milk	Choose Your Waffle: Cinnamon or Strawberry, Fresh Sliced Assorted Fruit, Milk	Choose Your Biscuit: Turkey Sausage or Turkey Bacon, Fresh Sliced Oranges, Milk
Lunch	Choose Your Homemade Pizza: Turkey Sausage, or Turkey Ham Pizza on English Muffin, Steamed Sweet Peas & Carrots, Sliced *Pineapple, Milk	Gnocchi with Chard & White Beans, Steamed Green Beans, Applesauce, Milk	Homemade Turkey Burger on Wheat Bun, Homemade Broccoli Salad, Diced *Mango, Milk	Homemade Tofu Parmigiana, Warm Black Beans, Fresh Sliced French Bread, Sliced *Apples, Milk	Homemade Greek Salad, Italian Chicken Breast, Warm Garlic Bread, Fresh Sliced Assorted Fruit, Milk
Snack	Fresh Sliced Apples with optional Soy"Nut" Butter, Wheat Crackers, Water	Choose Your Muffin from the Rainbow: Choose from Various Colors of Muffins, Fresh Sliced Oranges, Water	Pita Chips with Homemade Salsa, Cheddar Cheese Squares, Water	Homemade Pretzel Bar made with Soy"Nut" Butter, Fresh Sliced Pears, Water	Make Your Own Strawberry Parfait: Homemade Frozen Yogurt, Fresh Strawberries, Homemade Lemon Bread, Water
	Monday, 15	Tuesday, 16	Wednesday, 17	Thursday, 18	Friday, 19
Breakfast	Toasted Oats, Fresh Banana, Milk	Whole Grain Pancakes Choose Your Homemade Topping: Blueberry, Banana, or Peach, Fresh Sliced Apples, Milk	Homemade Hot Cereal Lightly Sweetened with Brown Sugar, Fresh Sliced Assorted Fruit, Milk	Yogurt Parfait with Cinnamon Toasted Cereal, Choice of Mixed Berries or Fresh Apple Slices, Milk	Choose Your Toast: Cheese or Cinnamon Wheat Toast, Fresh Sliced Oranges, Milk
Lunch	Homemade Baja Chicken Bowl of Fajita Style Chicken and Spanish Rice with Stir Fry Veggies, Fresh Sliced Assorted Fruit, Milk	Homemade Shrimp and Grits, Wheat Toast, Sautéed Parmesan Spinach, Sliced *Apples, Milk	Choose Your Quesadilla: Turkey Ham and Cheese or Chicken and Cheese, Summer Blend Veggies, Applesauce, Milk	Homemade Pasta with Linguini, Pomodoro Sauce, and White Beans, Tossed Garden Salad, *Pineapples, Milk	Homemade Salmon Pasta Salad, Wheat Crackers, Steamed Mixed Veggies, Diced *Mango, Milk
Snack	Homemade Custard Bean Pie, Fresh Sliced Strawberries, Water	Fresh Vegetable Medley, Low Sodium Rice Cake, optional Soy"Nut" Butter, Water	Fresh Strawberry and Cantaloupe Salad, Graham Crackers, Water	Homemade Oven-Baked Maple Roasted Sweet Potato Patties, Wheat Toast, Water	Homemade Peach-Banana Frozen Yogurt on a Cone, Mozzarella String Cheese, Water
	Monday, 22	Tuesday, 23	Wednesday, 24	Thursday, 25	Friday, 26
Breakfast	Crispy Rice Cereal, Fresh Banana, Milk	Wheat Bagel with optional Cream Cheese, Fresh Sliced Grapefruit, Milk	Homemade Blueberry Oatmeal, Fresh Sliced Apples, Milk	Choose Your Waffle: Cinnamon or Strawberry, Fresh Sliced Assorted Fruit, Milk	Choose Your Biscuit: Turkey Sausage or Turkey Bacon, Fresh Sliced Oranges, Milk
Lunch	Homemade Mongolian Shrimp and Broccoli, Fresh Garlic Bread, Sliced *Pineapple, Milk	Homemade Creamy Spinach and Artichoke Chicken Dip, Pita Chips, Steamed Sweet Peas, Sliced *Apples, Milk	Homemade Teriyaki Glazed Turkey Burger on Wheat Bun, Choose Your Homemade Salad: Coleslaw or Mustard Potato Salad, Sliced *Peaches, Milk	Homemade Pasta with Rotini, Broccoli, Marinara, Carrots, with Vegetarian Beans, Applesauce, Milk	Baked Lemon and Dill Chicken Thighs, Baked Asparagus, Diced *Mango, Milk
Snack	Fresh Sliced Apples with optional Soy"Nut" Butter, Wheat Crackers, Water	Choose Your Muffin from the Rainbow: Choose from Various Colors of Muffins, Fresh Sliced Pears, Water	Pita Chips with Homemade Salsa, Cheddar Cheese Squares, Water	Homemade Pretzel Bar made with Soy"Nut" Butter, Fresh Sliced Oranges, Water	Make Your Own Strawberry Parfait: Homemade Frozen Yogurt, Fresh Strawberries, Homemade Lemon Bread, Water
	Monday, 29	Tuesday, 30	Wednesday, 31	Thursday, 1	Friday, 2
Breakfast	Memorial Day	Whole Grain Pancakes Choose Your Homemade Topping: Blueberry, Banana, or Peach, Fresh Sliced Apples, Milk	Homemade Hot Cereal Lightly Sweetened with Brown Sugar, Fresh Sliced Assorted Fruit, Milk	Yogurt Parfait with Cinnamon Toasted Cereal, Choice of Mixed Berries or Fresh Apple Slices, Milk	Choose Your Toast: Cheese or Cinnamon Wheat Toast, Fresh Sliced Oranges, Milk
Lunch	DHDC CLOSED	Homemade Swedish Meatballs on Egg Noodles, Steamed Mixed vegetables, Spiced *Pineapples, Milk	Choose your Burrito: Chicken or Turkey and Bean Burrito, Fresh Tossed Salad, Sliced *Apples, Milk	Homemade Chickpea Curry over Rice, Sautéed Mixed Vegetables, Diced *Mango, Milk	Homemade Sloppy Joe on Wheat Bun, Steamed carrots, Fresh Mixed fruit, Milk
Snack		Fresh Vegetable Medley, Low Sodium Rice Cake, optional Soy"Nut" Butter, Water	Fresh Strawberry and Cantaloupe Salad, Mozzarella String Cheese, Water	Homemade Oven-Baked Maple Roasted Sweet Potato Patties, Wheat Toast, Water	Homemade Peach-Banana Frozen Yogurt on a Cone, Fresh Sliced Mixed Fruit, Water

DHDC Focus:
Homemade Snacks

DHDC Focus:
Choices

DHDC Focus:
New Recipes

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