

	Monday, 3	Tuesday, 4	Wednesday, 5	Thursday, 6	Friday, 7
Breakfast	Cinnamon Toasted Cereal, Fresh Banana, Milk		Whole Wheat Cheese Toast, Fresh Sliced Assorted Fruit, Milk	Blueberry Bagel with Cream Cheese, Fresh Sliced Pears, Milk	French Toast Triangles, Fresh Strawberries, Milk
Lunch	Turkey Club on Sourdough, Broccoli with Cheddar Cheese, Applesauce, Milk	DHDC CLOSED American Independence Day	Homemade Chicken Salad on Wheat Croissant, Steamed Peas & Carrots, *Pineapples, Milk	Homemade Cheese Pizza on Flatbread, Vegetarian Beans, California Blend Steamed Vegetables, *Fresh Sliced Honeydew, Milk	Homemade Chef Salad: Croutons, Turkey "Ham," Turkey, Tomatoes, Cucumbers, Cheese, with Garlic Bread, Fresh Sliced Apples, Milk
Snack	Fresh Cubed Watermelon, Graham Crackers, Water		Fresh Sliced Cantaloupe, Homemade Cheesy Corn Bread Muffins, Water	Fresh Baby Carrots, Wheat Crackers, Soy"nut" Butter, Water	Mozzarella String Cheese, Matzo Crackers, Homemade Red Pepper Hummus, Water
	Monday, 10	Tuesday, 11	Wednesday, 12	Thursday, 13	Friday, 14
Breakfast	Crispy Rice Cereal, Fresh Banana, Milk	Choose Your Wheat Croissant: Egg or Cheese, Fresh Sliced Pears, Milk	Homemade Hot Cereal with Fresh Peaches, Fresh Sliced Oranges, Milk	Fresh Baked Waffle with Homemade Strawberry Puree, Fresh Sliced Assorted Fruit, Milk	Homemade Oatmeal with Fresh Blueberries, Fresh Sliced Apples, Milk
Lunch	Homemade BBQ Chicken Thighs, Homemade Corn Bread Muffins, Seasoned Green Beans, *Pineapple, Milk	Homemade Turkey Meatloaf, Homemade Mashed Potatoes, Wheat Dinner Roll, Applesauce, Milk	Homemade Chicken Alfredo Pasta, Steamed Sweet Peas, * Mango, Milk	Seasoned Black Beans with Homemade Salsa, Spanish Yellow Rice, Italian Green Beans, *Peaches, Milk	Cesar Salad, Homemade Sloppy Joe on Cracked Wheat Bun, Fresh Sliced Pears, Milk
Snack	Vanilla Yogurt with Fresh Strawberries, Homemade Sweet Bread, Water	Soy"nut" Butter & Fruit Preserve Bites on Wheat Bread, Fresh Sliced Watermelon, Water	Choose Your Muffin: Blueberry or Cinnamon Apple, Cheddar Cheese Squares, Water	Fresh Vegetable Medley with Ranch, Cheesy Quesadilla Triangles, Water	Homemade Fruit Pops, Homemade Honey Wheat Donut Holes, Water
	Monday, 17	Tuesday, 18	Wednesday, 19	Thursday, 20	Friday, 21
Breakfast	Toasted Oats Cereal, Banana, Milk	Whole Wheat Cheese Toast, Fresh Sliced Assorted Fruit, Milk	Homemade Southern Style Grits, Whole Wheat Biscuit, Fresh Sliced Grapefruit, Milk	Blueberry Bagel with Cream Cheese, Fresh Sliced Pears, Milk	French Toast Triangles, Fresh Strawberries, Milk
Lunch	Choose Your Soft Taco: Turkey or Chicken, Winter Blend Veggies, Fresh Sliced Cantaloupe, Milk	Homemade Fresh Baked Salmon Patties, Yellow Rice, Sautéed Spinach, *Mango, Milk	Homemade Turkey Mushroom Elbow Pasta, Steamed Mixed Veggies, Applesauce, Milk	Breakfast for Lunch! Completely From Scratch! Breakfast Potatoes, Scrambled Eggs, Pancake Squares, Fresh Sliced Mixed Fruit, Milk	Marinated Meatballs on a Hoagie Roll, Fresh Garden Salad, Fresh Sliced Oranges, Milk
Snack	Fresh Cubed Watermelon, Graham Crackers, Water	Vanilla Low-Fat Yogurt, Fresh Sliced Mixed Fruit, Water	Fresh Sliced Cantaloupe, Homemade Cheesy Corn Bread Muffins, Water	Fresh Baby Carrots, Wheat Crackers, Soy"nut" Butter, Water	Mozzarella String Cheese, Matzo Crackers, Homemade Red Pepper Hummus, Water
	Monday, 24	Tuesday, 25	Wednesday, 26	Thursday, 27	Friday, 28
Breakfast	Cinnamon Toasted Cereal, Fresh Banana, Milk	Choose Your Wheat Croissant: Egg or Cheese, Fresh Sliced Pears, Milk	Homemade Hot Cereal with Fresh Peaches, Fresh Sliced Oranges, Milk	Fresh Baked Waffle with Homemade Strawberry Puree, Fresh Sliced Assorted Fruit, Milk	Homemade Oatmeal with Fresh Blueberries, Fresh Sliced Apples, Milk
Lunch	Homemade Turkey & Cheese Pinwheels, Steamed Baby Carrots, Fresh Sliced Apples, Milk	Fresh Baked Chicken Breast on Wheat Bun, Sweet Potato Tots, Steamed Brussel Sprouts, *Mango, Milk	Homemade Bowtie Burger Pasta, Steamed Broccoli with Cheddar Cheese, *Pineapples, Milk	Homemade Macaroni and Cheese, Sautéed Spinach, Steamed Lima Beans, *Peaches, Milk	Homemade Lemon Pepper Chicken Breast, Spring Mix Salad with Fresh Strawberries, Fresh Sliced Mixed Fruit, Milk
Snack	Vanilla Yogurt with Fresh Strawberries, Homemade Sweet Bread, Water	Soy"nut" Butter & Fruit Preserve Bites on Wheat Bread, Fresh Sliced Watermelon, Water	Choose Your Muffin: Blueberry or Cinnamon Apple, Cheddar Cheese Squares, Water	Fresh Vegetable Medley with Ranch, Cheesy Quesadilla Triangles, Water	Homemade Fruit Pops, Homemade Honey Wheat Donut Holes, Water

* 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

<i>Serving Size per Age Group</i>	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

DHDC Focus:

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

DHDC 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.

