

	Monday, 4	Tuesday, 5	Wednesday, 6	Thursday, 7	Friday, 8
Breakfast		Toasted Oats Cereal, Banana, Milk	Homemade Cinnamon Hot Cereal, Fresh Assorted Fruit, Milk	Blueberry Oatmeal, Fresh Sliced Mixed Fruit, Milk	Choice of Cheddar Cheese or Turkey Sausage Biscuit, Fresh Sliced Grapefruit, Milk
Lunch	DHCDC CLOSED	Homemade Baked Breaded Chicken Patty on Wheat Bun, Steamed Green Beans, Fresh Sliced Assorted Fruit, Milk	Breakfast Potatoes, Turkey Sausage, Buttermilk Biscuit, Fresh Sliced Grapefruit, Milk	Homemade Veggie Burger, Warm Vegetarian Beans, Crinkle Cut Carrots, *Peaches, Milk	Homemade Turkey and Mushroom Lasagna, Fresh Garden Salad, *Mango, Milk
Snack		Fresh Vegetable Medley, Ranch Dipping Sauce, Wheat Crackers, Water	Homemade Raspberry Muffin, Mozzarella String Cheese, Water	Homemade SunButter Biscuits, Fresh Banana, Water	Low Fat Yogurt, Sliced *Peaches, Water
	Monday, 11	Tuesday, 12	Wednesday, 13	Thursday, 14	Friday, 15
Breakfast	Cinnamon Toasted Oats Cereal, Fresh Banana, Milk	Choice of Cheese Toast or Cinnamon Waffle, Fresh Sliced Oranges, Milk	Homemade Cheese Grits, Wheat Toast, *Peaches, Milk	Choice of Homemade Banana or Blueberry Muffin, Diced *Mango, Milk	Homemade Breakfast Potatoes with Eggs, Cheddar Cheese, and Turkey-Ham, Wheat Toast, Fresh Sliced Assorted Fruit, Milk
Lunch	Turkey Ham and Cheese on Wheat, Tomato Soup, Fresh Sliced Apples, Milk	Homemade Turkey Meatloaf, Steamed Cabbage, Homemade Cornbread Muffin, Applesauce, Milk	Homemade Baked Tuna Helper, Steamed Sweet Peas, *Pineapples, Milk	Homemade Caesar Rainbow Rotini Pasta Salad, Pinto Beans, Steamed Baby Carrots, Fresh Sliced Mixed Fruit, Milk	Homemade Pasta with Chicken and Egg Noodles, Steamed Sweet Peas, *Pineapples, Milk
Snack	Homemade Fresh Fruit Salad, Cheddar Cheese Cubes, Water	Homemade Garlic Breadsticks with Marinara Sauce, Fresh Sliced Apples, Water	Homemade Cherry Cream Cheese Parfait, Crispy Rice Cereal, Water	Homemade Baked Pita Chips with Homemade Salsa, Fresh Sliced Oranges, Water	Homemade Sweet Bread with Strawberry Topping, Fresh Sliced Pears, Water
	Monday, 18	Tuesday, 19	Wednesday, 20	Thursday, 21	Friday, 22
Breakfast	Wheat Bagel with Cream Cheese, Fresh Sliced Assorted Fruit, Milk	Crispy Rice Cereal, Fresh Banana, Milk	Homemade Cinnamon Apple Hot Cereal, Fresh Sliced Fruit, Milk	Homemade Raspberry Oatmeal, Fresh Sliced Mixed Fruit, Milk	Choice of Cheese or Turkey Bacon Biscuit, Fresh Sliced Oranges, Milk
Lunch	Homemade Sweet & Sour Meatballs, Wheat Dinner Roll, Turnip Greens, Fresh Sliced Oranges, Milk	Choice of Eggs or Turkey Sausage, Homemade Cheese Grits, Whole Grain Pancakes, Red Skin Potatoes, *Peaches, Milk	Cold Tuna Pasta Salad, Sweet Peas & Celery, *Mango, Milk	Homemade Red Beans and Rice, Steamed Cauliflower, Fresh Pineapples, and Milk	Homemade Baked Lemon Pepper Chicken, Collard Greens, Wheat Roll, Applesauce, Milk
Snack	Homemade Fresh Fruit Salad, Cheddar Cheese Squares, Water	Fresh Vegetable Medley, Ranch Dipping Sauce, Wheat Crackers, Water	Homemade Raspberry Muffin, Mozzarella String Cheese, Water	Homemade SunButter Biscuits, Fresh Banana, Water	Low Fat Yogurt, Sliced *Peaches, Water
	Monday, 25	Tuesday, 26	Wednesday, 27	Thursday, 28	Friday, 29
Breakfast	Cinnamon Toasted Oats Cereal, Fresh Sliced Oranges, Milk	Homemade Cheese Grits, Wheat Toast, *Peaches, Milk	Choice of Cheese Toast or Cinnamon Waffle, Fresh Banana, Milk	Choice of Homemade Banana or Blueberry Muffin, Diced *Mango, Milk	Homemade Breakfast Potatoes with Eggs, Cheddar Cheese, and Turkey-Ham, Wheat Toast, Fresh Sliced Assorted Fruit, Milk
Lunch	Homemade Chili with Beans, Corn Bread, Sweet Potato Patty, Fresh Sliced Oranges, Milk	Homemade Tuna Patties, Hushpuppies, Steamed Crinkle Cut Carrots, *Pineapples, Milk	Homemade Chicken & Rice, Broccoli with Cheddar Cheese, Applesauce, Milk	Homemade Penne Pasta with Spinach & Diced Tomatoes in Marinara Sauce, Seasoned Black Beans, Italian Green Beans, Sliced *Peaches, Milk	Cheese Tortellini with Caramelized Onion & Turkey Bacon, Fresh Spinach Salad, Diced *Mango, Milk
Snack	Homemade Cinnamon Bread Pudding, Mozzarella String Cheese, Water	Homemade Garlic Breadsticks with Marinara Sauce, Fresh Sliced Apples, Water	Homemade Cherry Cream Cheese Parfait, Crispy Rice Cereal, Water	Homemade Baked Pita Chips with Homemade Salsa, Fresh Sliced Oranges, Water	Homemade Sweet Bread with Strawberry Topping, Fresh Sliced Pears, Water

<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

* 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