

Menu

October 2017

	Monday, 10/2	Tuesday, 10/3	Wednesday, 10/4	Thursday, 10/5	Friday, 10/6
Breakfast	Toasted Oats Cereal, Banana, Milk	Apple Cinnamon Muffin, Fresh Sliced Pears, Milk	Buttered French Bread w/ Fruit Spread, Mango Berry Swirl Smoothie, Milk	Blueberry Pie Oatmeal, Fresh Sliced Apples, Milk	Turkey Sausage Biscuit, Fresh Sliced Grapefruit, Milk
Lunch	Turkey Stroganoff Soup, Mixed Vegetables, Fresh Sliced Apples, Milk	Taco Buffet w/ Choice of Fish, Chicken, Or Turkey, Roasted Red Skin Potatoes w/ Scallions, *Mango, Milk	Shells w/ Grilled Chicken, and Fresh Mozzarella, Steamed Broccoli Cuts, *Pineapples, Milk	Vegetable Fried Rice, Seasoned Black Beans, Steamed Green Beans, *Peaches, Milk	Parmesan Chicken Wraps, Steamed Spinach, Applesauce, Milk
Snack	Nut-free Trail Mix, String Cheese, Water	Healthy Wheat Oatmeal Biscuits, Fresh Sliced Assorted Fruit, Water	Yogurt and Honey, Strawberries, Water	Rice Cakes & Soy Butter, Fresh Sliced Pears, Water	Banana Pudding, Graham Crackers, Water
	Monday, 10/9	Tuesday, 10/10	Wednesday, 10/11	Thursday, 10/12	Friday, 10/13
Breakfast		Breakfast Burrito, Fresh Sliced Pears, Milk	Peaches & Cream, Cream of Wheat, Fresh Sliced Assorted Fruit, Milk	Pancakes w/ Strawberry Topping, Apples, Milk	Banana Blueberry Cornmeal Muffins, Fresh Sliced Oranges, Milk
Lunch	DHCDC Closed	Steamed Cabbage, Baked Turkey Ham, Wheat Dinner Roll, *Peaches, Milk	Parmesan Couscous, Lemon Garlic Chicken Breast, Turnip Greens, Applesauce, Milk	Veggie Burger, Glazed Carrots, *Pineapples, Milk	Turkey Pepperoni Pizza, Vegetarian Beans, *Mango, Tossed Salad, Milk
Snack		Vegetable Medley, White Bean Dip, Wheat Breadstick, Water	Cheddar Carrot Spread, Wheat Crackers, Fresh Sliced Assorted Fruit, Water	Candied Spice Chick Peas, Flatbread Squares, Water	Peach Crisp, Cinnamon Pita, Water
	Monday, 10/16	Tuesday, 10/17	Wednesday, 10/18	Thursday, 10/19	Friday, 10/20
Breakfast	Apple Cinnamon Oats Cereal, Banana, Milk	Banana Muffin, Fresh Sliced Oranges, Milk	Cheese Grits, Wheat Toast, Fresh Sliced Pears, Milk	Breakfast Quesadilla (Contains eggs), Fresh Sliced Apples, Milk	Turkey Bacon Biscuit, Fresh Sliced Grapefruit, Milk
Lunch	Homemade Chicken Noodle Soup, Crackers, Sweet Peas, Fresh Assorted Fruit, Milk	Turkey Pot Roast, Steamed Green Beans, Cornbread Muffin, Applesauce, Milk	Spaghetti and Meatballs, Sweet Peas, *Pineapples, Milk	Lima Beans, Yellow Rice, Cauliflower, *Mango, Milk	Sloppy Joe on Wheat, Sweet Potato Tots, *Fresh Sliced Assorted Fruit, Milk
Snack	Nutfree Trail Mix, String Cheese, Water	Healthy Wheat Oatmeal Biscuits, Fresh Sliced Assorted Fruit, Water	Tortilla Cups w/ Yogurt, *Mixed Fruit, Water	Sweet Bread w/ Blueberry Topping, Fresh Sliced Pears, Milk	Banana Pudding, Graham Crackers, Water
	Monday, 10/23	Tuesday, 10/24	Wednesday, 10/25	Thursday, 10/26	Friday, 10/27
Breakfast	Mixed Cereal, Banana, Milk	Breakfast Burrito, Fresh Sliced Pears, Milk	Peaches & Cream, Cream of Wheat, Fresh Sliced Assorted Fruit, Milk	Pancakes w/ Strawberry Topping, Apples, Milk	Banana Blueberry Cornmeal Muffins, Fresh Sliced Oranges, Milk
Lunch	Tuna Cheddar Cakes, Steamed Spinach, *Mango, Wheat Dinner Roll, Milk	Turkey Chili Mac, Mixed Vegetables, *Pineapples, Milk	Chicken and Broccoli Tortilla Pockets, Fresh Fruit Salad, Milk	Macaroni Salad, Vegetarian Beans, Italian Green Beans, Applesauce, Milk	BBQ Chicken Thighs, Cornbread Muffins, Collard Greens, *Peaches, Milk
Snack	Sun butter & Fruit spread on Wheat, Cheddar Cheese Squares, Water	Yogurt and Honey, Strawberries, Water	Cheddar Carrot Spread, Wheat Crackers, Fresh Sliced Assorted Fruit, Water	Candied Spice Chick Peas, Flatbread Squares, Water	Peach Crisp, Cinn Pita, 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
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. Stacey McCalmon. Should you have any inquiries, please contact her at:

smccalmon@dcdc.com