

November 2017

| | Monday, 10/30 | Tuesday, 10/31 | Wednesday, 11/1 | Thursday, 11/2 | Friday, 11/3 |
|------------------|--|---|---|--|--|
| Breakfast | Mixed Cereal, Bananas, Milk | Blueberry Bagel w/ Cream Cheese, Fresh Sliced Mixed Fruit, Milk | Yogurt Parfait w/ Strawberries, Rice Krispies, Milk | Warm Buttered Biscuits w/ Fruit Compote, Fresh Sliced Seasonal Fruit, Milk | Make Your Own Breakfast Pizza w/ Turkey Bacon, Fresh Sliced Oranges, Milk |
| Lunch | Hearty Turkey Soup w/ Pasta, Sweet Peas, Fresh Sliced Assorted Fruit, Milk | Turkey Stroganoff, Mixed Vegetables, Pineapples, Milk | BBQ Salmon Filets, Steamed Winter-Blend Vegetables, Wheat Dinner Roll, *Mango, Milk | Glazed Carrots, Applesauce, Cheesy Mac n Cheese, Butter Beans, Milk | Teriyaki Chicken Thighs, Sautéed Spinach, Assorted Fruit, Corn Bread Muffins, Milk |
| Snack | Cheesy Cornbread, Applesauce, Water | Harvest Apple Bread, Fresh Sliced Melon, Water | Cinnamon Bread Bites, Fresh Sliced Apples, Water | Vegetable Medley w/ Ranch, Wheat Crackers, Water | Pumpkin Pie Muffins, String Cheese, Water |
| | Monday, 11/6 | Tuesday, 11/7 | Wednesday, 11/8 | Thursday, 11/9 | Friday, 11/10 |
| Breakfast | Toasted Oats Cereal, Banana, Milk | Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk | Cheese Toast on Wheat, Fresh Sliced Pears, Milk | Pancake w/ Peach Topping, Fresh Assorted Fruit, Milk | Make Your Own Breakfast Pizza w/ Turkey Bacon, Fresh Sliced Oranges, Milk |
| Lunch | Homemade Chili, Steamed Mixed Vegetables, Fresh Sliced Pears, Wheat Crackers, Milk | Chicken, Broccoli & Rice Casserole, *Peaches, Milk | Turkey Pizza Burgers on Wheat Bread, Green Beans, Applesauce, Milk | Turnip Greens, Cornbread, Crowder Peas, Fresh Sliced Oranges, Milk | BBQ Chicken Sandwich on Wheat Bread, Sweet Potato Tots, Fresh Sliced Mixed Fruit, Milk |
| Snack | Graham Cracker Sandwich w/ Sun Butter, Fresh Assorted Fruit, Water | Cream Cheese & Blueberry Flatbread, Bananas, Water | Banana Yogurt, Pita Bread Strips, Water | Fruit Salad, Cheese Squares, Water | Cheesy Bread Strips w/ Marinara Sauce, Fresh Sliced Seasonal Fruit, Water |
| | Monday, 11/13 | Tuesday, 11/14 | Wednesday, 11/15 | Thursday, 11/16 | Friday, 11/17 |
| Breakfast | Cinnamon Toasted Oats, Bananas, Milk | Warm Buttered Biscuits w/ Fruit Compote, Fresh Seasonal Fruit, Milk | Yogurt Parfait w/ Strawberries, Rice Krispies, Milk | Pancake w/ Peach Topping, Fresh Sliced Assorted Fruit, Milk | Make Your Own Breakfast Pizza w/ Turkey Bacon, Fresh Sliced Oranges, Milk |
| Lunch | Turkey Sandwich on Wheat, Vegetable Soup, Fresh Sliced Oranges, Milk | Taco Mac & Cheese w/ Ground Turkey, Italian Green Beans, *Mangos, Milk | Chicken & Rice, Collard Greens, *Pineapples, Milk | Sesame Cauliflower w/ Rice, Seasoned Black beans, Fresh Sliced Oranges, Milk | Tuna Rofini, Spring Mix Salad w/ Italian Dressing, Fresh Sliced Pears, Milk |
| Snack | Cheesy Cornbread, Applesauce, Water | Vegetable Medley w/ Ranch, Wheat Crackers, Water | Cinnamon Bread Bites, Fresh Sliced Apples, Water | Cheesy Bread Strips w/ Marinara Sauce, Fresh Sliced Seasonal Fruit, Water | Healthy Pumpkin Pie Muffins, String Cheese, Water |
| | Monday, 11/20 | Tuesday, 11/21 | Wednesday, 11/22 | Thursday, 11/23 | Friday, 11/24 |
| Breakfast | Rice Krispies, Banana, Milk | Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk | Cheese Toast on Wheat, Fresh Sliced Pears, Milk | | |
| Lunch | Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk | Baked Turkey Ham and Cheese on Wheat Bread, Sweet Peas, Fresh Sliced Assorted Fruit, Milk | Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk | CLOSED FOR | THANKSGIVING |
| Snack | Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water | Fruit Salad, Cheese Squares, Water | Banana Yogurt, Pita Bread Strips, Water | | |
| | Monday, 11/27 | Tuesday, 11/28 | Wednesday, 11/29 | Thursday, 11/30 | Friday, 12/1 |
| Breakfast | Mixed Cereal, Bananas, Milk | Cheese Grits, Wheat Toast, Applesauce Milk | Cinnamon Cream of Wheat, Fresh Sliced Grapefruit, Milk | Apple Oatmeal, Fresh Sliced Pears, Milk | Turkey Sausage Biscuit, Fresh Sliced Mixed Fruit, Milk |
| Lunch | Turkey Lasagna, Sweet Peas, Fresh Sliced Apples, Milk | BBQ Turkey Meatballs, Steamed green beans, Wheat Dinner Roll, *Mangos, Milk | Parmesan Chicken Penne Pasta, Mixed Vegetables, Fresh Sliced Melons, Milk | Tomato & Tofu Pizza, Seasoned Mixed Beans, Applesauce, Milk | Yellow Rice, Turkey Salisbury patties w/ Gravy, Cauliflower Fresh Sliced Seasonal Fruit Milk |
| Snack | Nutless Trail Mix, Cheese Squares, Water | Apple Spice Muffins, Fresh Sliced Assorted Fruit, Water | Pumpkin Bread, Fresh Sliced Seasonal Fruit, Water | Yogurt w/ Crushed Cherries, Graham Crackers, Water | Banana Pudding Cinnamon Pita Points, 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.

DHDCDC 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.

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

This menu was approved by **Ms. Stacey McCalmon**.
Should you have any inquiries, please contact her at:
smccalmon@dhcdc.com