

	Monday, 01/01	Tuesday, 01/02	Wednesday, 01/03	Thursday, 01/04	Friday, 01/05
Breakfast		Strawberry Cream Cheese Pancake, Fresh Sliced Grapefruit, Milk	Blueberry oatmeal Muffin, Fresh Sliced Pears, Milk	Banana oatmeal, Fresh Sliced Melon, Milk	Sausage Croissant, Fresh Sliced Assorted Fruit, Milk
Lunch	DHCDC IS CLOSED HAPPY NEW YEAR!	Cheesy Grits, Turkey Sausage, Glazed Carrots, Wheat Toast, Applesauce, Milk	Cheese Ravioli w/ Ground Turkey & Marinara Sauce, Cauliflower, *Peaches, Milk	Seasoned Black Beans, Tri-Color Ranch Pasta, Broccoli w/ Cheese, Fresh Sliced Assorted Fruit, Milk	BBQ Chicken Pizza on English Muffin, Sweet Peas, *Mango, Milk
Snack		Homemade Sun butter Brownie, Cheese Squares, Water	Fresh Vegetables w/ Homemade Nutless Hummus, Fresh Sliced Apples, Water	Cranberry Yogurt Mint Bowls, Wheat Crackers, Water	Holiday Banana Pudding Bowls, Graham Crackers, Water
	Monday, 01/08	Tuesday, 01/09	Wednesday, 01/10	Thursday, 01/11	Friday, 01/12
Breakfast	Corn Puff Cereal, Bananas, Milk	Wheat Bagel w/ Cream Cheese, Fresh Sliced Oranges, Milk	Brown Sugar Cream of Wheat, Fresh Sliced Grapefruit, Milk	Baked Waffle w/ Blueberry Compote, Fresh Sliced Assorted Fruit, Milk	Cheese Toast on Wheat, Applesauce, Milk
Lunch	Tomato Soup, Turkey Ham & Cheese on Wheat, Fresh Sliced Melon, Milk	Steamed Green Beans, BBQ Turkey Meatballs, Baked Dinner Rolls, *Mango, Milk	Tuna Fish Melt on Wheat, Glazed Carrots, *Pineapples, Milk	Rosemary Potatoes w/ Chili Beans, Garlic Bread, *Peaches, Milk	Lemon Pepper Chicken Salad w/ Seasoned Croutons, Wheat Crackers, Choice of Ranch or Italian Dressing, Fresh Sliced Mixed Fruit, Milk
Snack	Wheat Crackers, String Cheese, Water	Apple Muffin, Fresh Sliced Assorted Fruit, Water	Graham Crackers, Bananas, Water	Vegetable Medley, Pita Strips, Water	Yellow Bread, Fresh Sliced Apples, Water
	Monday, 01/15	Tuesday, 01/16	Wednesday, 01/17	Thursday, 01/18	Friday, 01/19
Breakfast	Apple Cinnamon Toasted Oats, Bananas, Milk	Wheat Biscuit, Fruit Compote, Fresh Sliced Apples, Milk	Cheese Grits, Wheat Toast, Fresh Sliced Oranges, Milk	Pancakes w/ Fruit Compote, Fresh Sliced Mixed Fruit, Milk	Cinnamon Toast, Applesauce, Milk
Lunch	Steamed Cabbage, Italian Chicken Breast, Corn Bread, Applesauce, Milk	Taco Mac and Cheese w/ Ground Turkey, Italian Green Beans, *Mango, Milk	Lemon Pepper Chicken w/ Brown Rice, Collard Greens, Fresh Sliced Melons, Milk	Vegetable Soup, Black Bean Burger on Wheat, *Pineapples, Milk	Penne Shrimp Parmesan, Steamed Spinach, Garlic Bread, *Peaches, Milk
Snack	Graham Crackers, Cheddar Cheese, Water	Blueberry Muffin, Fresh Sliced Assorted Fruit, Water	Blueberry Bagel, Banana, Water	Spinach Dip, Flatbread Strips, Fresh Sliced Apples, Water	Corn Bread Muffin, String Cheese, Water
	Monday, 01/22	Tuesday, 01/23	Wednesday, 01/24	Thursday, 01/25	Friday, 01/25
Breakfast	Rice Krispies, Bananas, Milk	Wheat Bagel w/ Cream Cheese, Fresh Sliced Oranges, Milk	Cheese Grits, Fresh Sliced Grapefruit, Milk	Baked Waffle w/ Strawberry Compote, Fresh Sliced Assorted Fruit, Milk	Cheese Toast on Wheat, Applesauce, Milk
Lunch	Homemade Turkey Chili, Cornbread Muffins, Green Beans, *Mango, Milk	Sweet and Sour Turkey Meatballs, Sweet Peas, Wheat Dinner Roll, *Peaches, Milk	Salmon Pasta, Glazed Carrots, Applesauce, Milk	Veggie Patty on Wheat, Sweet Potato Tots, *Pineapple, Milk	Turkey Mac n Cheese, Mixed Vegetables, Fresh Sliced Melon, Milk
Snack	Wheat Crackers, String Cheese, Water	Apple Muffin, Fresh Sliced Assorted Fruit, Water	Graham Crackers, Banana, Water	Vegetable Medley, Pita Strips, Water	Yellow Bread, Fresh Sliced Apples, 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

* 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