

	Monday, 01/29	Tuesday, 01/30	Wednesday, 01/31	Thursday, 02/01	Friday, 02/02
Breakfast	Wheat Bagel w/ Sun butter, Banana, Milk	Toasted Oats, Fresh Sliced Oranges, Milk	Breakfast Potatoes, Wheat Toast, Fresh Sliced Melon, Milk	Banana Oatmeal, Applesauce, Milk	Cheese Toast, Fresh Sliced Pears, Milk
Lunch	Chicken Noodle Soup, Sweet Peas, Fresh Sliced Melon, Milk	Taco Mac n Cheese w/ Ground Turkey, Green Beans, Applesauce, Milk	Lemon Pepper Chicken w/ Brown Rice, Collard Greens, *Mango, Milk	Winter Green Teriyaki Stir Fry w/ Chicken, Garlic Bread, Fresh Sliced Mixed Fruit, Milk	Mushroom Quesadilla, Seasoned Black Beans, Fresh Sliced Assorted Fruit, Milk
Snack	Fresh Sliced Apples w/ Cinnamon Yogurt, Wheat Crackers, Water	Rice Dream Sundae, (cooked rice, fruit compote), Cheese Triangles, Water	Loaded Pizza Hummus, Flatbread Strips, Water	Tropical Carrot Salad, Graham Crackers, Water	Cherry Pie Cupcakes, Yogurt Cups, Water
	Monday, 02/05	Tuesday, 02/06	Wednesday, 02/07	Thursday, 02/08	Friday, 02/09
Breakfast	Cheesy Cornbread Muffin, Banana, Milk	Rice Krispies Cereal, Fresh Sliced Apples, Milk	Pancakes w/ Fruit Compote, Fresh Sliced Pears, Milk	Apple Cream of Wheat, Applesauce, Milk	Wheat Biscuit, Fruit Spread, Fresh Sliced Melon, Milk
Lunch	Broccoli & Cheese Soup, Turkey Ham Sandwich on Wheat, *Mango, Milk	Chicken & Rice Bowl, Steamed Carrots, Fresh Sliced Oranges, Milk	Shrimp Taco, Garden Salad, Fresh Sliced Apples, Milk	Vegetarian Three Bean Chili, Spinach Quesadilla, *Pineapples, Milk	Spaghetti and Meat sauce, Mixed Vegetables, *Mango, Milk
Snack	Fruit Salsa w/ Cinnamon Pita Chips, String Cheese, Water	Cherry Cheesecake Cups, Graham Crackers, Water	Strawberry Yogurt Parfait, Yellow Bread, Water	Greek Pasta Salad, Saltine Crackers, Water	Carrot Balls, Nutless Trail Mix, Water
	Monday, 02/12	Tuesday, 02/13	Wednesday, 02/14	Thursday, 02/15	Friday, 02/16
Breakfast	Blueberry Bagel w/ Cream Cheese, Banana, Milk	Corn Puff Cereal, Fresh Sliced Pears, Milk	Breakfast Potatoes, Wheat Toast, Fresh Sliced Melon, Milk	Banana Oatmeal, Fresh sliced apples, Milk	Cheese Toast, Fresh Sliced Pears, Milk
Lunch	Chicken Parmesan, Mixed Vegetables, Dinner Roll, *Peaches, Milk	Sloppy Joe on Wheat, Peas & Carrots, Applesauce, Milk	Yellow Rice, Turkey Meatballs over Gravy, Italian Green Beans, Fresh Sliced Oranges, Milk	Vegetarian Taco Salad, (Black beans, corn, fresh spinach), Wheat Wrap, *Pineapple, Milk	Chicken Club Ranch Pasta, Glazed Carrots, *Mango, Milk
Snack	Fresh Sliced Apples w/ Cinnamon Yogurt, Wheat Crackers, Water	Rice Dream Sundae, (cooked rice& fruit compote), Cheese Triangles, Water	Loaded Pizza Hummus, Pita Strips, Water	Pea Salad, (sweet peas, diced apples, cubed cheddar cheese), Saltine Crackers, Water	Cherry Pie Muffins, Yogurt Cups, Water
	Monday, 02/19	Tuesday, 02/20	Wednesday, 02/21	Thursday, 02/22	Friday, 02/23
Breakfast	Cheesy Cornbread Muffin, Banana, Milk	Cinnamon Toasted Oats, Fresh Sliced Oranges, Milk	Waffle w/ Fruit Compote, Fresh Sliced Pears, Milk	Apple Cream of Wheat, Applesauce, Milk	Wheat Biscuit, Fruit Spread, Fresh Sliced Melon, Milk
Lunch	Blackened Chicken & Black Bean Burrito, Spinach Salad w/ Italian Dressing, *Peaches, Milk	Tuna Fish, Saltine Crackers, Baby Carrots, *Mango, Milk	Steamed Cabbage, Cornbread, Meatloaf, *Pineapples, Milk	Curry Chickpeas w/ Potato Soup, Dinner Roll, Fresh Sliced Assorted Fruit, Milk	Turkey Sausage Linguine w/ Roasted Tomato Sauce, Mixed Vegetables, Fresh Sliced Oranges, Milk
Snack	Fruit Salsa w/ Cinnamon Pita Chips, String Cheese, Water	Cherry Cheesecake Cups, Graham Crackers, Water	Wheat Bagel w/ Whipped Strawberry Cream Cheese, Banana, Water	Italian Pasta Salad, Wheat Crackers, Water	Carrot Balls, Nutless Trail mix, Water
	Monday, 02/26	Monday, 02/27	Tuesday, 02/28	Wednesday, 03/01	Thursday, 03/02
Breakfast	Wheat Bagel w/ Sun butter, Banana, Milk	Toasted Oats, Fresh Sliced Oranges, Milk	Breakfast Potatoes, Wheat Toast, Fresh Sliced Melon, Milk	Banana Oatmeal, Applesauce, Milk	Cheese Toast, Fresh Sliced Pears, Milk
Lunch	Creamy Potato Soup, Turkey Halves on Wheat, Fresh Sliced Melons, Milk	Indian Butter Chicken over Rice, Steamed Green Beans, *Mango, Milk	Old Bay Salmon Penne Pasta, Sweet Peas, *Pineapples, Milk	Cheese Ravioli w/ Marinara Sauce, Lima Beans, Cauliflower, *Peaches, Milk	Chicken Cheesesteak on a Wheat Bun, Sweet Potato Tots, Fresh Sliced Apples, Milk
Snack	Fresh Sliced Apples w/ Cinnamon Yogurt, Wheat Crackers, Water	Rice Dream Sundae, (cooked rice, fruit compote), Cheese Triangles, Water	Loaded Pizza Hummus, Flatbread Strips, Water	Tropical Carrot Salad, Graham Crackers, Water	Cherry Pie Cupcakes, Yogurt Cups, 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.

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.

DHCDC 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