

	Monday, 03/05	Tuesday, 03/06	Wednesday, 03/07	Thursday, 03/08	Friday, 03/09
Breakfast	Corn Puff Cereal, Banana, Milk	Wheat Bagel w/ Cream Cheese, Fresh Sliced Apples, Milk	Cinnamon Pancakes, *Fresh Sliced Pears, Milk	Banana Muffins, Fresh Sliced Grapefruit, Milk	Vanilla Yogurt, Diced *Strawberries, Toasted Oats, Milk
Lunch	Chicken Salad, Wheat Crackers, Carrot Sticks, Applesauce, Milk	Wheat Biscuit, Turkey Sausage, Hash brown Patty, Fresh Sliced Melon, Milk	Tuna Wraps, Peas & Carrots, Peaches, Milk	Spinach Salad, Veggie Burger on Wheat, Fresh Sliced Assorted Fruit, Milk	Sloppy Joe on Wheat, Sweet Potato Patty, Fresh Sliced Oranges, Milk
Snack	Graham Crackers, *Pineapples, Water	Cream Cheese Crepe, Banana, Water	Tomato Pasta Salad, String Cheese, Water	Blueberry Corn Bread Squares, *Mango, Water	Frozen Strawberry Treat, Wheat Crackers, Water
	Monday, 03/12	Tuesday, 03/13	Wednesday, 03/14	Thursday, 03/15	Friday, 03/16
Breakfast	Cinnamon Toasted Oats, Banana, Milk	Blueberry Muffins, Fresh Sliced Oranges, Milk	Waffles, *Strawberries, Milk	Cinnamon Toast, Fresh Sliced Apples, Milk	Apple Oatmeal, Applesauce, Milk
Lunch	Garlic Greek Chicken w/ Zucchini, Wheat Dinner Roll, *Mixed Fruit, Milk	Turkey Stromboli on Wheat, Green Beans, *Pineapples, Milk	Chicken Pot Pie, Mango, Milk	Creamy Red Pepper Roasted Penne, Lima Beans, Fresh Sliced Honeydew, Milk	Chicken Parmesan, Fresh Greek Salad, Garlic Bread, Fresh Sliced Oranges, Milk
Snack	Apple "Nachos", Cheddar Cheese, Water	Fruity Sun Butter Stuffed Pita Pockets (sliced fresh fruit), Water	*Peaches, Saltine Crackers, Water	*Mixed Fruit, Cinnamon Pita Triangles, Water	Fruit Smoothie, Wheat Crackers, Water
	Monday, 03/19	Tuesday, 03/20	Wednesday, 03/21	Thursday, 03/22	Friday, 03/23
Breakfast		Blueberry Bagel w/ Cream Cheese, Fresh Sliced Apples, Milk	Pancakes, Fresh Sliced Pears, Milk	Cheesy Cornbread, *Fresh Sliced Grapefruit, Milk	Vanilla Yogurt, Diced *Strawberries, Toasted Oats, Milk
Lunch	DHDCDC CLOSED FOR PROFESSIONAL DEVELOPMENT DAY	Turkey Sandwiches on Wheat, Fresh Sliced Honeydew, Celery & Carrot Sticks w/ Ranch, Milk	Smothered Chicken w/ Rosemary Potatoes, Corn Bread, *Diced Apples, Milk	Fiesta Rice Salad Bowl, (Corn, black beans, roasted red pepper, tomatoes, cheese, spinach), Fresh Sliced Cantaloupe, Milk	Turkey Ham Pizza on English Muffin w/ Alfredo Sauce, Strawberry Spinach Salad, *Mixed Fruit, Milk
Snack		Cream Cheese Crepes, Banana, Water	Tomato Pasta Salad, String Cheese, Water	Blueberry Squares, *Mango, Water	Frozen Strawberry Treat, Wheat Crackers, Water
	Monday, 03/26	Tuesday, 03/27	Wednesday, 03/28	Thursday, 03/29	Friday, 03/30
Breakfast	Corn Puff Cereal, Banana, Milk	Cinnamon Toast, Fresh Sliced Apples, Milk	Waffles, *Strawberries, Milk	Applesauce Muffins, Fresh Sliced Oranges, Milk	Apple Oatmeal, Fresh Sliced Pears, Milk
Lunch	Tuna Salad, Wheat Crackers, Carrot Sticks, Applesauce, Milk	Chicken Fried Rice, Sweet Peas & Carrots, *Mango, Milk	Blackened Salmon Wraps w/ Tartar Sauce, Garden Salad w/ Italian Dressing, Fresh Sliced Honeydew, Milk	Loaded Red Potatoes, Vegetarian Beans, Fresh Sliced Oranges, Garlic Bread, Milk	BBQ Pulled Chicken on Wheat, Potato Salad, *Diced Apples, Milk
Snack	Vegetable Medley w/ Ranch, *Pineapples, Water	Fruity Sun Butter Stuffed Pita Pockets, Fresh sliced Apples, Water	*Peaches, Saltine Crackers, Water	*Mixed Fruit, Cinnamon Pita Triangles, Water	Fruit Smoothie, Wheat Crackers, 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