

	Monday, 05/28	Tuesday, 05/29	Wednesday, 05/30	Thursday, 05/31	Friday, 06/01
Breakfast		Blueberry Muffins, Fresh Sliced Apples, Milk	Cinnamon Waffles, *Strawberries, Milk	Mini Wheat Biscuits w/ Fruit Spread, Fresh Sliced Mixed Fruit, Milk	Egg Wraps w/ Salsa, Fresh Sliced Pears, Milk
Lunch	Closed for Memorial Day	Penne Pasta w/ Chicken Meatballs over Brown Gravy, Sweet Peas, Applesauce, Milk	Chicken and Rice, Turnip Greens, Fresh Sliced Apples, Milk	BBQ Vegetarian Beans, Steamed Spinach, Garlic Bread, Fresh Sliced Oranges, Milk	Turkey Macaroni Helper, Mixed Vegetables, *Mango, Milk
Snack		Cheese Toast, Banana, Water	Fruit Smoothie, Wheat Crackers, Water	Nutless Trail Mix, String Cheese, Water	Frozen Treat, Pita Points, Water
	Monday, 06/04	Tuesday, 06/05	Wednesday, 06/06	Thursday, 06/07	Friday, 06/08
Breakfast	Cinnamon Toasted Oats, Banana, Milk	Oatmeal w/ Cherries, Fresh Sliced Oranges, Milk	Cream of Wheat Cereal, Applesauce, Milk	Cheese Grits, Wheat Toast, Fresh Sliced Pears, Milk	Banana Muffins, Fresh Sliced Mixed Fruit, Milk
Lunch	Teriyaki Chicken Thighs, Cabbage, Cornbread, *Pineapples, Milk	Salmon Patties, Baked Potatoes w/ Light Butter, Cheese Biscuits, *Mango, Milk	Rotini w/ Turkey Meatballs, Sweet Peas, *Mixed Fruit, Milk	Lima Beans, Yellow Rice, Cornbread, Fresh Sliced Assorted Fruit, Milk	Turkey Sandwich on Wheat, Celery and Carrot Sticks, Fresh Sliced Apples, Milk
Snack	Saltine Crackers, Cheddar Cheese, Water	Yogurt, Strawberries, Water	Fresh Sliced Watermelon, Pita Triangles, Water	Fresh Sliced Cantaloupe, Rice Cakes w/ Sunbutter, Water	Frozen Yogurt, Ice Cream Cone, Fruit Water
	Monday, 06/11	Tuesday, 06/12	Wednesday, 06/13	Thursday, 06/14	Friday, 06/15
Breakfast	Gluten Free Rice Squares, Fresh Sliced Grapefruit, Milk	Blueberry Muffins, Fresh Sliced Apples, Milk	Cinnamon Waffles, *Strawberries, Milk	Mini Wheat Biscuits w/ Fruit Spread, Fresh Sliced Mixed Fruit, Milk	Egg Wraps w/ Salsa, Fresh Sliced Pears, Milk
Lunch	Turkey Sausage on Wheat Biscuit, Breakfast Potatoes, Fresh Sliced Assorted Fruit, Milk	BBQ Chicken Tacos w/ Coleslaw, Garden Salad, *Mango, Milk	Sloppy Joe Sliders, Sweet Potato Tots, *Pineapples, Milk	Vegetarian Chili, Wheat Crackers, Potato Halves, Fresh Sliced Assorted Fruit, Milk	Chicken Alfredo, Spinach, Applesauce, Milk
Snack	Graham Crackers, Fresh Assorted Fruit, Water	Cheese Toast, Banana, Water	Fruit Smoothie, Wheat Crackers, Water	Nutless Trail Mix, String Cheese, Water	Frozen Treat, Pita Points, Water
	Monday, 06/18	Tuesday, 06/19	Wednesday, 06/20	Thursday, 06/21	Friday, 06/22
Breakfast	Corn Puff Cereal, Banana, Milk	Oatmeal w/ Cherries, Fresh Sliced Oranges, Milk	Cream of Wheat Cereal, Applesauce, Milk	Cheese Grits, Wheat Toast, Fresh Sliced Pears, Milk	Banana Muffins, Fresh Sliced Mixed Fruit, Milk
Lunch	Turkey Sandwich on Kaiser Roll, Vegetable Medley w/ Ranch, Fresh Sliced Assorted Fruit, Milk	Chicken Ranch Wrap w/ Lettuce, Mixed Veggies, *Mango, Milk	Tuna Fish on Croissant, Glazed Carrots, Fresh Sliced Assorted Fruit, Milk	Black beans, Macaroni Salad, Winter blend Veggies, Fresh Sliced Mixed Fruit, Milk	Teriyaki Pulled Chicken Sliders, Garden Salad, *Pineapples, Milk
Snack	Saltine Crackers, Cheddar Cheese, Water	Yogurt, Strawberries, Water	Fresh Sliced Watermelon, Pita Triangles, Water	Fresh Sliced Cantaloupe, Rice Cakes w/ Sunbutter, Water	Frozen Yogurt, Ice Cream Cone, Fruit 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 Cereal, Grain	½ slice ¼ cup	½ slice ¼ cup	1 slice ½ cup
Meat/Meat Alternative	1 ounce	1 ½ ounces	2 ounces

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@dhcdc.com

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

Menu subject to change due to: **1.** Choking hazards of infants & toddlers and **2.** Known allergies of children in our care.

* Fruit that arrives frozen
(neither canned nor fresh)