



School Menu

September 2018

	Monday,	Tuesday,	Wednesday,	Thursday,	Friday,
Breakfast		Toasted Oats, Banana, Milk	Blueberry Cream Cheese Muffins, Fresh Sliced Apples, Milk	Cream of Wheat, Fresh Sliced Oranges, Milk	Cheese Grits, Toast, Fresh Sliced Assorted Fruit, Milk
Lunch	CLOSED	Homemade Oven-Baked Fish Sticks w/ Tartar Sauce, Steamed Green Beans, Wheat Dinner Roll, *Mango, Milk	Turkey Stroganoff, Mixed Vegetables, *Pineapples, Milk	Vegetarian Beans, Mac n Cheese, Crinkle Cut Carrots, *Mixed Fruit, Milk	Garlic Chicken, Rosemary Baked Potatoes, Corn Bread Muffins, Fresh Sliced Cantaloupe, Milk
Snack		Carrot Sticks w/ Homemade Hummus, (nut free), Ritz Crackers, Water	Strawberries, Vanilla Yogurt, Water	Applesauce, Graham Crackers, Water	Creamy Fruit Salad, Toasted Tortillas, Water
	Monday,	Tuesday,	Wednesday,	Thursday,	Friday,
Breakfast	Rice Krispies, Banana, Milk	Blueberry Bagel w/ Cream Cheese, Fresh Sliced Apples, Milk	Peach Squares, Fresh Sliced Cantaloupe, Milk	Oatmeal, Fresh Sliced Oranges, Milk	Pancakes w/ Fruit Topping, Strawberries, Milk
Lunch	Southwestern Turkey Chili, Cornbread Muffins, *Peaches, Milk	BBQ Turkey Meatballs, Italian Pasta Salad, Green Beans, *Pineapples, Milk	Chicken Taquitos, Winter Mix Veggies, *Mango, Milk	Parmesan Veggie Garlic Spaghetti, Field Peas, Applesauce, Milk	Philly Chicken on a Hoagie Bun, Sweet Peas, Fresh Sliced Honey Dew, Milk
Snack	Fresh Sliced Assorted Fruit, Sun Butter Biscuits, Water	Celery Sticks w/ Sun Butter, Captain Wafer Crackers, Water	Sweet Potatoes, Wheat Toast Triangles, Water	Pita Chips w/ Salsa, String Cheese, Water	Green Smoothie, Graham Crackers, Water
	Monday,	Tuesday,	Wednesday,	Thursday,	Friday,
Breakfast	Wheat Bagel w/ Cream Cheese, Banana, Milk	Corn Squares, Fresh Sliced Grapefruit, Milk	Blueberry Cream Cheese Muffins, Fresh Sliced Apples, Milk	Cream of Wheat, Fresh Sliced Oranges, Milk	Cheese Grits, Toast, Fresh Sliced Assorted Fruit, Milk
Lunch	Tomato Soup, Turkey & Cheese Sandwich on Wheat, Fresh Sliced Oranges, Milk	Chicken Tacos, Garden Salad, *Peaches, Milk	Rosemary Potatoes, Turkey Sausage, Wheat Biscuit, *Pineapples, Milk	Red Beans and Rice, Broccoli Cheese, *Mango, Milk	Breaded Chicken Patty on Wheat, Sweet Potato Tots, Fresh Sliced Fruit, Milk
Snack	Apple Slices w/ Sun Butter, Cheese Cubes, Water	Carrot Sticks w/ Homemade Hummus, (nut free), Ritz Crackers, Water	Strawberries, Vanilla Yogurt, Water	Applesauce, Graham Crackers, Water	Creamy Fruit Salad, Toasted Tortillas, Water
	Monday,	Tuesday,	Wednesday,	Thursday,	Friday,
Breakfast	Rice Squares, Banana, Milk	Blueberry Bagel w/ Cream Cheese, Fresh Sliced Apples, Milk	Peach Squares, Fresh Sliced Cantaloupe, Milk	Oatmeal, Fresh Sliced Oranges, Milk	Pancakes w/ Fruit Topping, Strawberries, Milk
Lunch	Chicken Noodle Soup, Crinkle Cut Carrots, *Mixed Fruit, Milk	Turkey Salisbury, Yellow Rice, Turnip Greens, *Mango, Milk	Chicken Alfredo, Spinach, *Peaches, Milk	Pasta w/ Lentils, Cauliflower, Fresh Sliced Assorted Fruit, Milk	Meatball Hoagie, Potato Salad, Applesauce, Milk
Snack	Fresh Sliced Assorted Fruit, Sun Butter Biscuits, Water	Celery Sticks w/ Sun Butter, Captain Wafer Crackers, Water	Sweet Potatoes, Wheat Toast Triangles, Water	Pita Chips w/ Salsa, String Cheese, Water	Green Smoothie, Graham 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 arrives fresh or frozen (never canned)

Menu subject to change due to (1) choking hazards of infants & toddlers and (2) known allergies of children in our care

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

DHDC 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 Mrs. Kashundra Horton. Should you have any inquiries, please contact her at khorton@dhcdc.com