

School Menu

October 2018

	Monday, 1	Tuesday, 2	Wednesday, 3	Thursday, 4	Friday, 5
Breakfast	Toasted Oats Cereal, Banana, Milk	French Toast, Fruit Compote, *Strawberries, Milk	Blueberry Cornmeal Muffins, Fresh Sliced Cantaloupe, Milk	Wheat Bagel w/ Sun butter, Fresh Sliced Oranges, Milk	Peachy Oatmeal, Applesauce, Milk
Lunch	Hearty Soup w/ Chicken, Cornbread Muffins, Fresh Sliced Honeydew, Milk	Caesar Salad, Cheese Ravioli in Meat Sauce, *Mango, Milk	Parmesan Couscous, Breaded Chicken Patty, Glazed Carrots, *Mixed Fruit, Milk	Orzo Pasta Salad w/ Squash, Vegetarian Beans, Applesauce, Milk	BBQ Chicken Legs, Mac n Cheese, Collard Greens, *Pineapples, Milk
Snack	Homemade Lemon Bars, Fresh Sliced Apples, Water	Garlic Toast, Cheddar Cubes, Water	Vanilla Yogurt, Mixed Cereal, Water	Carrot Sticks w/ Sun Butter, Ritz Crackers, Water	Rice Cakes w/Cream Cheese, Fresh Sliced Assorted Fruit, Water
	Monday, 8	Tuesday, 9	Wednesday, 10	Thursday, 11	Friday, 12
Breakfast		Rice Krispies, Banana, Milk	Cheesy Cornbread Muffins, Fresh Sliced Honeydew, Milk	Cinnamon Waffles w/ Blueberry Compote, Fresh Sliced Oranges, Milk	Strawberry Cream of Wheat, Fresh Sliced Mixed Fruit, Milk
Lunch	CLOSED	Sweet and Sour Turkey Meatballs, Roasted Potatoes, *Peaches, Milk	Creamy Tomato Shrimp Pasta, Turnip Greens, *Pineapples, Milk	Vegetarian Tacos, Seasoned Black beans, *Mango, Milk	Chicken Salad on Wheat Croissant, Mixed Vegetables, *Assorted Fruit, Milk
Snack		Lemon Bread, Strawberries, Water	Celery Sticks w/ Roasted Red Pepper Hummus, Wheat Thins, Water	Italian Pasta, Veggie Sticks, Water	Trail Mix (No Nuts), String Cheese, Water
	Monday, 15	Tuesday, 16	Wednesday, 17	Thursday, 18	Friday, 19
Breakfast	Gluten Free Rice Squares Cereal, Banana, Milk	French Toast, Fruit Compote, *Strawberries, Milk	Blueberry Cornmeal Muffins, Fresh Sliced Cantaloupe, Milk	Wheat Bagel w/ Strawberry Cream Cheese, Fresh Sliced Oranges, Milk	Peachy Oatmeal, Applesauce, Milk
Lunch	Broccoli Cheese Soup, Turkey Ham on Wheat, *Pineapples, Milk	Chicken Spinach Penne Pasta, Sweet Peas, Fresh Sliced Honeydew, Milk	Salmon Quesadilla w/ Sour Cream, California Blend Veggies, *Mangos, Milk	Soy butter w/ Fruit Spread on Wheat, Vegetable Medley Sticks w/ Ranch, Fresh Sliced Apples, Milk	Smothered Chicken Thighs, Yellow Rice, Spinach, Applesauce, Milk
Snack	Homemade Lemon Bars, Fresh Sliced Apples, Water	Garlic Toast, Cheddar Cubes, Water	Vanilla Yogurt, Mixed Cereal, Water	Carrot Sticks w/ Sun Butter, Ritz Crackers, Water	Rice Cakes w/Cream Cheese, Fresh Sliced Assorted Fruit, Water
	Monday, 22	Tuesday, 23	Wednesday, 24	Thursday, 25	Friday, 26
Breakfast	Turkey Sausage Biscuit, Fresh Sliced Grapefruit, Milk	Gluten Free Corn Squares Cereal, Banana, Milk	Cheesy Cornbread Muffins, Fresh Sliced Assorted Fruit, Milk	Cinnamon Waffles w/ Blueberry Compote, Fresh Sliced Oranges, Milk	Strawberry Cream of Wheat, Fresh Sliced Mixed Fruit, Milk
Lunch	BBQ Vegetarian Beans w/ Ground Turkey, Mac n Cheese, Collard Greens, *Pineapples, Milk	Turkey Helper w/ Marinara Sauce, Mixed Greens, Applesauce, Milk	Chicken Teriyaki Bowl (Yellow Rice), Peas & Carrots, Fresh Sliced Honeydew, Milk	Vegetable Soup, Bean Quesadilla, *Mango, Milk	Turkey Burger on Wheat, Potato Wedges, Fresh Sliced Cantaloupe, Milk
Snack	Bread Pudding, Yogurt, Water	Lemon Bread, Strawberries, Water	Celery Sticks w/ Roasted Red Pepper Hummus, Wheat Thins, Water	Italian Pasta, Veggie Sticks, Water	Trail Mix (No Nuts), String Cheese, Water
	Monday, 29	Tuesday, 30	Wednesday, 31	Thursday, 1	Friday, 2
Breakfast	Apple Cinnamon Cereal, Banana, Milk	French Toast, Fruit Compote, *Strawberries, Milk	Blueberry Cornmeal Muffins, Fresh Sliced Cantaloupe, Milk	Wheat Bagel w/ Strawberry Cream Cheese, Fresh Sliced Oranges, Milk	Peachy Oatmeal, Applesauce, Milk
Lunch	Chicken Pot Pie, Fresh Assorted Fruit, Milk	Tuna Helper w/ Gluten Free Alfredo Sauce, Sweet Peas, *Peaches, Milk	Honey Mustard Turkey Meatballs, Green Beans, Dinner Roll, Applesauce, Milk	Lima Beans, Brown Rice, Squash Muffins w/ Cheese, *Mango, Milk	Sloppy Joe Sliders, Sweet Potatoes, Fresh Sliced Honeydew, Milk
Snack	Homemade Lemon Bars, Fresh Sliced Apples, Water	Garlic Toast, Cheddar Cubes, Water	Vanilla Yogurt, Mixed Cereal, Water	Carrot Sticks w/ Sun Butter, Ritz Crackers, Water	Rice Cakes w/Cream Cheese, Fresh Sliced Assorted Fruit, Water

<i>Serving Size per Age Group</i>	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
<i>Serving Size per Age Group</i>	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

* 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

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

DHCDC is committed to serving only lean proteins (chicken, turkey, fish), maintaining a nut-free and pork-free facility, all vegetables are 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