

# School Menu

## February 2019

	Monday, 4	Tuesday, 5	Wednesday, 6	Thursday, 7	Friday, 8
<b>Breakfast</b>	Rice Krispies, Fresh Sliced Grapefruit, Milk	Blueberry Bagel, Banana, Milk	Cream of Wheat, Fresh Assorted Fruit, Milk	French Toast w/ Fruit Compote, Fresh Sliced Fruit, Milk	Cheese Toast, Fresh Sliced Mixed Fruit, Milk
<b>Lunch</b>	Rosemary Potatoes, Breaded Chicken Patty, Garlic Bread, Applesauce, Milk	Broccoli Cheddar Soup, Turkey Ham on Wheat Dinner Roll, *Pineapples, Milk	Pizza Pasta Salad, Green Beans, *Mango, Milk	Black Bean Quesadillas w/ Salsa, Sour Cream, Carrot Sticks, Fresh Sliced Cantaloupe, Milk	Macaroni and Cheese Soup w/ Turkey, Sweet Peas, *Peaches, Milk
<b>Snack</b>	Nut Free Trail Mix, Fresh Sliced Assorted Fruit, Water	Rice Cake w/ Soy Butter, *Strawberries, Water	Strawberry Cream Cheese Muffins, Fresh Sliced Apples, Water	Fruit Salsa, Graham Crackers, Water	Apple Cobbler Bread, String Cheese, Water
	Monday, 11	Tuesday, 12	Wednesday, 13	Thursday, 14	Friday, 15
<b>Breakfast</b>	Cinnamon Swirl Muffin, Banana, Milk	Toasted Oats Cereal, Fresh Sliced Grapefruit, Milk	Waffles w/ Blueberry Topping, Fresh Sliced Assorted Fruit, Milk	Sweet Potato Biscuits, Fresh Sliced Mixed Fruit, Milk	Strawberries and Cream Oatmeal, Fresh Sliced Oranges, Milk
<b>Lunch</b>	Cheeseburger Turkey Mac, Peas & Carrots, Applesauce, Milk	Turkey Quesadilla, Garden Salad, *Peaches, Milk	Make Your Own Lunch able, (turkey, crackers, cheddar cheese, veggie medley), Fresh Sliced Apples, Milk	Tomato Soup, Cheese Toast Dippers, Veggie Nuggets, *Pineapples, Milk	Meatball Taquitos, Spinach, *Mango, Milk
<b>Snack</b>	Fruit Spread Cream Cheese Sandwich Halves, Fresh Sliced Assorted Fruit, Water	Blueberry Muffins, Cool Fruit Treat, Water	Pita Pockets w/ Soy Butter, Apple & Banana Slices, Water	Bean Dip, Celery Sticks, Wheat Crackers, Water	Banana Bread, Vanilla Yogurt, Water
	Monday, 18	Tuesday, 19	Wednesday, 20	Thursday, 21	Friday, 22
<b>Breakfast</b>	Corn Puffs Cereal, Fresh Sliced Grapefruit, Milk	Blueberry Bagel, Banana, Milk	Cream of Wheat, Fresh Assorted Fruit, Milk	French Toast w/ Fruit Compote, Fresh Sliced Fruit, Milk	Cheese Toast, Fresh Sliced Mixed Fruit, Milk
<b>Lunch</b>	Turkey Ravioli, Green Beans, Applesauce, Milk	Alphabet Chicken Noodle Soup, Sweet Peas, Saltine Crackers, *Mixed Fruit, Milk	Salmon Patty, Mashed Potatoes, Wheat Dinner Roll, *Peaches, Milk	Burrito Bowl, (rice, black beans, corn, tomatoes), Toasted Pita, *Mango, Milk	Chicken Waldorf on Wheat, Carrot Sticks, Fresh Sliced Oranges, Milk
<b>Snack</b>	Nut Free Trail Mix, Fresh Sliced Assorted Fruit, Water	Rice Cake w/ Soy Butter, Fresh Sliced Oranges, Water	Strawberry Cream Cheese Muffins, Fresh Sliced Apples, Water	Fruit Salsa, Graham Crackers, Water	Apple Cobbler Bread, String Cheese, Water
	Monday, 25	Tuesday, 26	Wednesday, 27	Thursday, 28	Friday, 1
<b>Breakfast</b>	Cinnamon Swirl Muffin, Banana, Milk	Toasted Oats Cereal, Fresh Sliced Grapefruit, Milk	Waffles w/ Blueberry Topping, Fresh Sliced Assorted Fruit, Milk	Sweet Potato Biscuits, Fresh Sliced Mixed Fruit, Milk	Strawberries and Cream Oatmeal, Fresh Sliced Oranges, Milk
<b>Lunch</b>	Chicken Tortellini Soup, Sweet Potato Patties,	Orzo w/ Vegetables, Sticky Turkey Meatballs, *Mango, Milk	Turkey Ham on Wheat, Mixed Vegetables, *Pineapples, Milk	Penne Pasta w/ Marinara Sauce, Lima Beans, Spinach, Applesauce, Milk	BBQ Chicken Legs, Turnip Greens, Cornbread, *Assorted Fruit, Milk
<b>Snack</b>	Fruit Spread Cream Cheese Sandwich Halves, Fresh Sliced Assorted Fruit, Water	Bean Dip, Celery Sticks, Wheat Crackers, Water	Pita Pockets w/ Soy Butter, Apple & Banana Slices, Water	Nut Free Trail Mix, Cheddar Cheese, Water	Banana Bread, Vanilla Yogurt, Water

<b>Serving Size per Age Group</b>	<b>1-2 Years Old</b>	<b>3-5 Years Old</b>	<b>6-12 Years Old</b>
<b>Milk</b>	½ cup	¾ cup	1 cup
<b>Fruit, Vegetables, Juice</b>	¼ cup	½ cup	¾ cup
<b>Bread</b>	½ slice	½ slice	1 slice
<b>Cereal, Grain</b>	¼ cup	¼ cup	½ cup
<b>Meat/Meat Alternative</b>	1 ounce	1 ½ ounces	2 ounces
<b>Serving Size per Age Group</b>	<b>1-2 Years Old</b>	<b>3-5 Years Old</b>	<b>6-12 Years Old</b>
<b>Milk</b>	½ cup	¾ cup	1 cup
<b>Fruit, Vegetables, Juice</b>	¼ cup	½ cup	¾ cup
<b>Bread</b>	½ slice	½ slice	1 slice
<b>Cereal, Grain</b>	¼ cup	¼ cup	½ cup
<b>Meat/Meat Alternative</b>	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 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 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](mailto:khorton@dhcdc.com)