

School Menu

January 2019

	Monday, 31	Tuesday, 1	Wednesday, 2	Thursday, 3	Friday, 4
Breakfast			Rice Krispies Cereal, Banana, Milk	Wheat Bagel w/ Cream Cheese, Fresh Sliced Oranges, Milk	Cinnamon Waffles, *Strawberries, Milk
Lunch	CLOSED	CLOSED	Swedish Meatballs w/ Penne Pasta, Mixed Vegetables, *Mango, Milk	Seasoned Black Beans, Corn Bread Muffins, Broccoli w/ Cheese, Applesauce, Milk	Turkey w/ Cheese on Wheat, Glazed Carrots, Fresh Sliced Honeydew, Milk
Snack			Graham Crackers, Fresh Sliced Cantaloupe, Water	Cheese Toast Triangles, Fresh Sliced Apples, Water	Yogurt Tubes, Vanilla Wafers, Water
	Monday, 7	Tuesday, 8	Wednesday, 9	Thursday, 10	Friday, 11
Breakfast	Toasted Oats Cereal, Banana, Milk	Yogurt Parfait, *Strawberries, Milk	Cheese Grits, Wheat Toast, Fresh Sliced Assorted Fruit, Milk	Wheat Biscuit w/ Fruit Spread, Fresh Sliced Oranges, Milk	Cream of Wheat, Fresh Sliced Apples, Milk
Lunch	Chicken Noodle Soup, Wheat Crackers, Sweet Peas, *Mango, Milk	Sloppy Joe on Wheat Bun, California Blend Veggies, *Mixed Fruit, Milk	Shrimp Fried Rice, Crinkle Cut Carrots, Fresh Honeydew, Milk	Spaghetti w/ Veggie Crumbles, Green Beans, Applesauce, Milk	BBQ Chicken Legs, Turnip Greens, *Peaches, Dinner Roll, Milk
Snack	Sweet Potato Patty, Pita Triangles, Water	Blueberry Bagel, *Pineapples, Water	Townhouse Crackers, Carrot Sticks w/ Ranch, Water	Sun butter Biscuits, Cheddar Cheese, Water	Lemon Bread, *Strawberries, Water
	Monday, 14	Tuesday, 15	Wednesday, 16	Thursday, 17	Friday, 18
Breakfast	Corn Cereal, Banana, Milk	Pancakes, Fruit Compote, *Mixed Fruit, Milk	Turkey Sausage on English Muffin, Fresh Banana, Milk	Wheat Bagel w/ Cream Cheese, Fresh Sliced Oranges, Milk	Cinnamon Waffles, *Strawberries, Milk
Lunch	Turkey Chili, Corn Bread, Green Beans, *Diced Apples, Milk	Salmon Pasta w/ Lemon Herb, Collard Greens, *Peaches, Milk	Turkey Ham, Wheat Dinner Roll, Cabbage, Applesauce, Milk	Veggie Burger on Wheat, Potato Wedges, Fresh Sliced pineapples, Milk	Broccoli, Cheese, Rice, w/ Chicken, Casserole, *Mangos, Milk
Snack	Blueberry Muffins, String Cheese, Water	Cinnamon Squares, Fresh Sliced Grapefruit, Water	Graham Crackers, Fresh Sliced Cantaloupe, Water	Cheese Toast Triangles, Assorted fruit, Water	Yogurt Tubes, Vanilla Wafers, Water
	Monday, 21	Tuesday, 22	Wednesday, 23	Thursday, 24	Friday, 25
Breakfast		Yogurt Parfait, *Strawberries, Milk	Cheese Grits, Wheat Toast, Fresh Sliced Assorted Fruit, Milk	Wheat Biscuit w/ Fruit Spread, Fresh Sliced Oranges, Milk	Peach Cream of Wheat, Fresh Sliced Apples, Milk
Lunch	CLOSED	Sweet and Sour Meatballs, Wheat Dinner Roll, Italian Green Beans w/ Potatoes, *Mixed Fruit, Milk	Fish Taco, Garden Salad, *Pineapples, Milk	Vegetable Soup, Saltine Crackers, *Mango, Milk	Pulled Chicken on Wheat, Sweet Potato Tots, Fresh Sliced Assorted Fruit, Milk
Snack		Blueberry Bagel, *Pineapples, Water	Townhouse Crackers, Carrot Sticks w/ Ranch, Water	Sun butter Biscuits, Cheddar Cheese, Water	Lemon Bread, *Strawberries, Water
	Monday, 28	Tuesday, 29	Wednesday, 30	Thursday, 31	Friday, 1
Breakfast	Toasted Oats Cereal, Banana, Milk	Pancakes, Fruit Compote, *Mixed Fruit, Milk	Turkey Sausage on English Muffin, Applesauce, Milk	Wheat Bagel w/ Cream Cheese, Fresh Sliced Oranges, Milk	Cinnamon Waffles, *Strawberries, Milk
Lunch	Chicken Brunswick Stew, Steamed Vegetables, Saltine Crackers, Fresh Sliced Cantaloupe, Milk	Turkey Stroganoff, Glazed Carrots, Fresh Sliced Honeydew, Milk	Breaded Chicken Patty on Wheat, Rosemary Potatoes w/ Diced Peppers, Fresh Sliced Assorted Fruit, Milk	Veggie Nuggets, Wheat Dinner Roll, Mixed Vegetables, *Mango, Milk	Turkey Patty w/ Gravy, Jasmine Rice, Collard Greens, *Sliced Cantaloupe, Milk
Snack	Blueberry Muffins, String Cheese, Water	Apple Squares, Fresh Sliced Grapefruit, Water	Graham Crackers, Fresh, Banana, Water	Cheese Toast Triangles, Fresh Sliced Apples, Water	Yogurt Tubes, Vanilla Wafers, Water

* Fruit is always 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

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

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.

This menu was approved by Mrs. Kashundra Horton. Should you have any inquiries, please contact her at khorton@dhcdc.com

<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	½ slice	½ slice	1 slice
Cereal, Grain	¼ cup	¼ cup	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	½ slice	½ slice	1 slice
Cereal, Grain	¼ cup	¼ cup	½ cup
Meat/Meat Alternative	1 ounce	1 ½ ounces	2 ounces