



	Monday, 1	Tuesday, 2	Wednesday, 3	Thursday, 4	Friday, 5
Breakfast	Toasted Oats, Fruit, Milk	Cream of Wheat, Fruit, Milk	Waffles w/ Fruit Compote, Fresh Sliced Fruit, Milk	Banana Oatmeal Muffins, Fresh Sliced Fruit, Milk	Sausage Croissant, Fresh Sliced Assorted Fruit, Milk
Lunch	Chicken Lo-Mein, Mixed Vegetables, Fruit, Milk	Tuna Cakes, Dinner Rolls, Broccoli & Cheese, Fruit, Milk	Cold Cut Turkey Sandwich on Hoagie, Celery & Carrot Sticks w/ Ranch, Fresh Sliced Mixed Fruit, Milk	Bean Burritos, Tossed Salad, Fruit, Milk	Lemon Herb Chicken and Rice, Sweet Peas, Fruit, Milk
Snack	Fresh Sliced Fruit, Pita Points, Water	Wheat Bagel, Fruit, Water	Cream Cheese/ Fruit Spread on Wheat Sandwiches, Fresh Sliced Fruit, Water	Cheesy Cornbread, Fresh Sliced Apples, Water	Fresh Sliced Fruit, Graham Crackers, Water
	Monday, 8	Tuesday, 9	Wednesday, 10	Thursday, 11	Friday, 12
Breakfast	Rice Krispies Cereal, Fruit, Milk	Wheat Biscuit w/ Fruit Spread, Fresh Sliced Fruit, Milk	Oatmeal, Fresh Sliced Fruit, Milk	Pancakes w/ Fruit Compote, Fresh Sliced Fruit, Milk	Yogurt Parfait, (Fruit, Cereal, Yogurt), Milk'
Lunch	Turkey Ham Pasta Salad, Cucumber Slices, Fruit, Milk	Chicken Parmesan, Dinner Roll, Green Beans, Fruit, Milk	Sloppy Joe on Wheat Bun Collard Greens, Fruit, Milk	Veggie Orzo Vegetarian Beans, Fresh Sliced Mixed Fruit, Milk	Chicken Salad on Wheat Croissant, Sweet Potato Tots, *Mango, Milk
Snack	Baked Tortillas w/ Salsa, String Cheese, Water	Celery Sticks w/ Ranch, Wheat Thins, Water	Blueberry Muffin, Fruit, Water	Cheese Toast, Fresh Sliced Fruit, Water	Cool Treats, Graham Crackers, Water
	Monday, 15	Tuesday, 16	Wednesday, 17	Thursday, 18	Friday, 19
Breakfast	Cinnamon Toasted Oats, Fruit, Milk	Cheesy Cornbread, Fruit, Milk	Cheese Grits, Toast, Fruit, Milk	Cream of Wheat, Fruit, Milk	Whole Grain Muffin, Fruit, Milk
Lunch	Blackened Penne Salmon w/ Yellow Rice Baked Squash, Fruit, Milk	Make your own Lunch able, (meat, cheese, crackers), Fresh Select Fruit, Milk	Spaghetti and Meat Sauce, Tossed Salad, Fruit, Milk	Classic Veggie Burger on Wheat, Red Skin Potato Wedges, Fruit, Milk	Curry Chicken Thighs w/Potatoes & Carrots, Fruit, Milk
Snack	Graham Crackers, String Cheese, Water	Fresh Sliced Watermelon, Wheat Crackers, Water	Pita Triangles, Spinach Dip, Water	Zucchini Bread, Fruit, Water	Fruit Smoothie, Pita Points, Water
	Monday, 22	Tuesday, 23	Wednesday, 24	Thursday, 25	Friday, 26
Breakfast	Mixed Cereal, Fruit, Milk	French Toast, Fruit, Milk	Blueberry Bagels, Fruit, Milk	Cinnamon Toast, Fruit, Milk	Mixed Cereal, Fruit, Milk
Lunch	Chicken Tenders Sweet Peas, Dinner Roll Fruit, Milk	Swedish Meatballs, Green Beans, Brown Rice, Fruit, Milk	Turkey Mac n Cheese, Crinkle Cut Carrots, Fruit, Milk	Spinach Pizza on English Muffin, Pinto Beans, Fruit, Milk	Baked Turkey Ham, Dinner Roll, Steamed Cabbage, Fruit, Milk
Snack	Apple Slices w/ Soy-Butter, Cheddar Cheese, Water	Nutri-Grain Bars, Fruit, Water	Rice Cakes, Fruity Spread, Fruit, Water	Captain Wafer Crackers, Cucumber Slices in Italian Dressing, Water	Nut Free Trail Mix, Yogurt, Water
	Monday, 29	Tuesday, 30	Wednesday, 31	Thursday, 1	Friday, 2
Breakfast	Rice Krispy's Cereal, Fruit, Milk	Scrambled Eggs, Toast, Fresh Fruit, Milk	Choice of Waffles, or Pancakes w/ Fruit Compote, Fresh Sliced Fruit, Milk	Blueberry Oatmeal Muffins, Fresh Sliced Fruit, Milk	Turkey Bacon Biscuit, Fresh Sliced Assorted Fruit, Milk
Lunch	BBQ Chicken Legs, Turnip Greens, Cornbread, *Assorted Fruit, Milk	Salmon Cakes, Spinach, Dinner Roll, Fruit, Milk	Chicken Taco, Garden Salad, Fruit, Milk	Classic Veggie Nuggets, Red Skin Potato Wedges, *Mixed Fruit, Milk	Chicken Parmesan, Butter Sauce Noodles, California Blend Vegetables, Applesauce, Milk
Snack	Blueberry Bagel, Fruit, Water	Oatmeal Biscuit, Fruit, Water	Carrot Sticks, Sun-butter, Ritz Crackers, Water	Fruit Smoothie, Graham Crackers, Water	Strawberry Shortcake in an Ice Cream Cone, 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	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

* Fruit arrives frozen or fresh
(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