



School Menu

September 2019

| | Monday, 2 | Tuesday, 3 | Wednesday, 4 | Thursday, 5 | Friday, 6 |
|------------------|---|---|---|--|--|
| Breakfast | | Banana Cream Cheese Muffins, Fruit, Milk | Cinnamon Toasted Oats, Fruit, Milk | Cheese Toast, Fruit, Milk | Blueberry Bagel w/ Cream Cheese, Fruit, Milk |
| Lunch | CLOSED | Turkey Meatballs(Tomato Sauce), Rice, Spinach, Fruit, Milk | Chicken and Rice, Broccoli w/ Cheese, Fruit, Milk | Veggie Spaghetti, Sweet Peas, Tossed Salad, Fruit, Milk | Sloppy Joe, Rosemary Potatoes, Fruit, Milk |
| Snack | | Mango, Yogurt, Water | Applesauce, Graham Crackers, Water | Sweet Potatoes, Wheat Toast, Water | Sliced Oranges, Nutri-Grain Bars, Water |
| | Monday, 9 | Tuesday, 10 | Wednesday, 11 | Thursday, 12 | Friday, 13 |
| Breakfast | Rice Krispies Cereal, Fruit, Milk | Waffle w/ Fruit Topping, Fruit, Milk | Blueberry Muffins, Fruit, Milk | Breakfast Potatoes w/ Bell Pepper, Wheat Toast, Fruit, Milk | Biscuit w/ Turkey Sausage Fruit, Milk |
| Lunch | Creamy Turkey Rigatoni, Glazed Carrots, Fruit, Milk | Sweet and Sour Chicken, Rice, Mixed Vegetables, Fruit, Milk | Turkey Burgers, Sweet Potato Patty, Fruit, Milk | Cauliflower Mac n Cheese, Vegetarian Beans, Applesauce, Milk | Chicken Enchiladas, Peas and Corn, Fruit, Milk |
| Snack | Wheat Bagel w/ Sun butter, Apples, Water | Creamy Fruit Salad, Toasted Pita Bread, Water | Rice Cakes, Fruity Spread, Fruit, Water | Spiced Peaches, Flatbread, Water | Cinnamon Muffins, Banana, Water |
| | Monday, 16 | Tuesday, 17 | Wednesday, 18 | Thursday, 19 | Friday, 20 |
| Breakfast | Toasted Oats Cereal, Fruit, Milk | Breakfast Pizza, Fruit, Milk | Apple Cream of Wheat, Fruit, Milk | Sweet Potato Muffins, Fruit, Milk | Mixed Cereal, Fruit, Milk |
| Lunch | Chicken Meatball Hoagie, Potato Salad, Fruit, Milk | Goulash Turkey, Green Beans, Fruit, Milk | Chicken, Stir Fry Vegetables, Garlic Bread, Fruit, Milk | Spinach Pizza on French Bread, Black Beans, Fruit, Milk | Chicken Fajitas, Tossed Salad, Fruit, Milk |
| Snack | Nutri-Grain Bars, Fresh Sliced Fruit, Water | Bananas, Strawberry Go-gurt, Water | Creamy Spinach Dip, Carrot Sticks, Saltines, Water | Celery w/ Sun butter, Wheat Crackers, Water | Cheesy Biscuit, Fruit, Water |
| | Monday, 23 | Tuesday, 24 | Wednesday, 25 | Thursday, 26 | Friday, 27 |
| Breakfast | Cinnamon Toasted Oats, Fruit, Milk | Cheesy Grits, Wheat Toast, Fruit, Milk | Oatmeal w/ Light Brown Sugar, Fruit, Milk | Pancakes w/ Fruit Topping, Milk | Cheesy Cornbread Muffins, Fruit, Milk |
| Lunch | Turkey Ravioli, French Style Green Beans, Fruit, Milk | Pizza Chicken Roll-Ups, Spinach, Fruit, Milk | Cheesy Turkey Orzo, Collard Greens, Fruit, Milk | Red Beans and Rice Burrito, Greek Salad, Fruit, Milk | Dijon Chicken and Potatoes, Dinner Roll, Fruit, Milk |
| Snack | String Cheese, Trail Mix, Water | Pineapples, Cottage Cheese, Water | Vegetable Medley, Ranch, Saltines, Water | Frozen Yogurt with Fruit, Ice Cream Cone, Water | Bean Salsa, Pita Triangles, Water |
| | Monday, 30 | | | | |
| Breakfast | Rice Krispies Cereal, Fruit, Milk | | | | |
| Lunch | Tuna on Croissant, Steamed Carrots, Fruit and Milk | | | | |
| Snack | Apple Applesauce, Graham Crackers, 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 t 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

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 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