



School Menu

January 2020

	Monday,	Tuesday,	Wednesday, 1	Thursday, 2	Friday, 3
Breakfast				Cheese Toast, Fresh Sliced Apples, Milk	Waffle w/ Fruit Topping, Fresh Sliced Cantaloupe, Milk
Lunch				Veggie Pasta, Vegetarian Beans, Mango, Milk	Teriyaki Chicken, Glazed Carrots, Wheat Dinner Roll, Fresh Sliced Honeydew, Milk
Snack				Soft Pretzels, Fresh Sliced Oranges, Milk	Spinach Dip, Bread Strips, Carrot Sticks, Water
	Monday, 6	Tuesday, 7	Wednesday, 8	Thursday, 9	Friday, 10
Breakfast	Apple Cinnamon Toasted Oats, Fresh Sliced Pears, Milk	Wheat Biscuit w/ Gravy, Fresh Sliced Oranges, Milk	Cheese Toast, Banana, Milk	Pancakes w/ Fruit Topping, Fresh Sliced Mixed Fruit, Milk	Build a Breakfast Pizza w/ Flatbread, Yogurt (Sauce), and Diced Strawberries, Milk
Lunch	Sloppy Joe on Wheat, Mustard Potato Salad, Applesauce, Milk	Broccoli Cheese Soup, Turkey on Wheat, Fresh Sliced Cantaloupe, Milk	Turkey Chili, Saltine Crackers, Corn, Fresh Sliced Honey Dew, Milk	Yellow Rice, Sweet Peas, Cauliflower w/ Cheese, Fresh Sliced Apples, Milk	Spaghetti w/ Meat Sauce, Green Beans Fresh Sliced Mix Fruit, Milk
Snack	Fruit Salad, Sweet Potato Crackers, Water	Banana Muffin, Fresh Sliced Apples, Water	Seasonal Vegetables w/ Ranch, Wheat Thins, Water	Italian Pasta, String Cheese, Water	Cool Treat, Wheat Toast, Water
	Monday, 13	Tuesday, 14	Wednesday, 15	Thursday, 16	Friday, 17
Breakfast	Rice Krispies Cereal, Fruit, Milk	Cinnamon Toast, Banana, Milk	Cream of Wheat, Fresh Sliced Pears, Milk	Cheese Grits, Toast, Fruit Puree, Milk	Mixed Cereal, Mixed Fruit, Milk
Lunch	Turkey Stroganoff, Spinach, Mango, Milk	Chicken Parmesan, Cabbage, Garlic Bread, Fruit, Milk	Turkey Sausage Pizza, Peas and Carrots, Pineapples, Milk	Pinto Beans, Broccoli w/ Cheese, Garlic Bread, Fresh Sliced Oranges, Milk	Chicken Fried Rice, Sweet Peas, Cantaloupe, Milk
Snack	Nut-Free Trail Mix, Cheddar Cheese, Milk	Corn Bread Muffin, Fresh Slice Mixed Fruit, Milk	Sweet Potato Hummus, Celery Sticks w/ Pita Triangles, Water	Sliced Apples, Mini Biscuit, Water	Ritz Crackers, Fresh Sliced Grapefruit, Water
	Monday, 20	Tuesday, 21	Wednesday, 22	Thursday, 23	Friday, 24
Breakfast		French Toast, Banana, Milk	Toasted Oats Cereal, Fresh Sliced Pears, Milk	Oatmeal, Apples, Milk	Cinnamon Muffin, Applesauce, Milk
Lunch	closed	Chicken Noodle Soup, Sweet Potato Patties, Fresh Sliced Cantaloupe, Milk	Turkey Taquitos, Roasted Vegetables, Mango, Milk	Veggie Rice, Black Beans, Fruit, Milk	BBQ Chicken, Sweet Peas, Wheat Dinner Roll, Mixed Fruit, Milk
Snack		Apple Slices, Cheddar Cheese, Water	Ritz Crackers, Fresh Sliced Mixed Fruit, Water	Blueberry Squares, Fresh Sliced Honeydew, Milk	Yogurt Cups, Wheat Thins, Water
	Monday, 27	Tuesday, 28	Wednesday, 29	Thursday, 30	Friday, 31
Breakfast	Corn Puff Cereal, Fresh Sliced Apples, Milk	Cheesy Cornbread, Banana, Milk	Whole Wheat Bagel w/ Cream Cheese, Fresh Sliced Pears, Milk	Waffles, Fresh Sliced Mixed Fruit, Milk	Mixed Cereal, Fruit, Milk
Lunch	BBQ Vegetarian Beans w/ Ground Turkey, Glazed Carrots, Toast, Honeydew, Milk	Salmon Pasta, Mixed Vegetables, Pineapples, Milk	BBQ Turkey Meatballs, Rosemary Potatoes, Mini Biscuit, Applesauce, Milk	Tomato Basil Soup, Warm Cheese Halves, Fresh Sliced Mix Fruit, Milk	Breaded Chicken Patty Slider, Green Beans, Sliced Pears, Milk
Snack	String Cheese, Graham Crackers, Water	Pineapples, Cottage Cheese, Water	Graham Crackers, Cheese Slices, Water	Pita Triangles, Salsa, Veggie Slices, Water	Yogurt, Fruit, Water

* 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

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