



# School Menu

## JULY 2020

	Monday 6/29	Tuesday, 6/30	Wednesday, 1	Thursday, 2	Friday, 3
<b>Breakfast</b>	<b>Please see</b>	<b>Please see</b>	Wheat Biscuit w/ Fruit Spread, Fresh Sliced Grapefruit, Milk	Yogurt Parfait, Puree Mixed Berries, Milk	<b>CLOSED</b>
<b>Lunch</b>	<b>June Calendar</b>	<b>June Calendar</b>	Chicken and Rice Casserole, Glazed Carrots, *Pineapples, Milk	Egg Salad on WG Rolls w/ Tomato Slices, Spinach, Fresh Sliced Honeydew, Milk	<b>4<sup>TH</sup> Of July</b>
<b>Snack</b>	<b>For Menu Options</b>	<b>For Menu Options</b>	W Pita Triangles, Salsa, Veggie Slices, Water	Blueberry Squares, Fresh Sliced Assorted Fruit, Water	<b>CLOSED</b>
	Monday, 6	Tuesday, 7	Wednesday, 8	Thursday, 9	Friday, 10
<b>Breakfast</b>	Rice Krispies Cereal, Banana, Milk	WG Pancakes w/ Fruit Topping, Fresh Sliced Mixed Fruit, Milk	Fruity Oatmeal, Fresh Sliced Grapefruit, Milk	WG Cinnamon Toast, Fresh Sliced Oranges, Milk	WG Homemade Blueberry Squares, Fresh Sliced Strawberries, Milk
<b>Lunch</b>	Rosemary Roasted Potatoes, Salmon Croquettes, WG Toast, *Fresh Slice Assorted Fruit, Milk	Fettuccine w/ Chicken, in Creamy Roasted Pepper Sauce, Mixed Vegetables, *Mango, Milk	BBQ Chicken Taquitos, Glazed Carrots, Applesauce, Milk	Black Beans w/ Tomatoes, Spinach Quesadilla, *Pineapples, Milk	Turkey Cheese Burger on Wheat, w/ Sliced Pickles, Cucumbers and Tomato Salad, Peaches, Milk
<b>Snack</b>	Baked Plantains, Sweet Potato thins, Water	Cheddar Cheese, Fresh Sliced Apples, Water	Bell Pepper Strips w/ Ranch, Wheat Crackers, Water	Macaroni Salad, Pimento Cheese Halves, Water	Mango Smoothie Bowl, WG Toast, Water
	Monday, 13	Tuesday, 14	Wednesday, 15	Thursday, 16	Friday, 17
<b>Breakfast</b>	Toasted Oats Cereal, Banana, Milk	WG French Toast, Fresh Assorted Fruit, Milk	Cheesy Grits, WG Toast, Fresh Sliced Pears, Milk	Whole Grain Bagel w/ Cream Cheese, Fresh Sliced Strawberries, Milk	Mixed Cereal, Fresh Sliced Cantaloupe, Milk
<b>Lunch</b>	Bowtie Pasta w/ Spinach and Chicken Meatballs, Mixed Vegetables, *Mango, Milk	Pollock Fish Tacos w/Honey Lime Coleslaw, Glazed Diced Carrots, Fresh Sliced Honeydew, Milk	Chicken Caesar Sandwich on Wheat, Fresh Sliced Cucumber Sticks, *Pineapples, Milk	Summer Squash Tomato Pizza on Flatbread Mini, Lima Beans, Applesauce, Milk	Baked Honey Mustard Chicken, Green Beans, Wheat Biscuit, *Peaches, Milk
<b>Snack</b>	Nut-Free Trail Mix, Cheddar Cheese, Milk	Corn Bread Muffin, Fresh Slice Mixed Fruit, Milk	Sweet Potato Hummus, Celery Sticks w/ W Pita Triangles, Water	Zucchini Sticks w/ Marinara Sauce, Wheat Crackers, Water	Rice Cakes w/ Sunbutter, Fresh Sliced Grapefruit, Water
	Monday, 20	Tuesday, 21	Wednesday, 22	Thursday, 23	Friday, 24
<b>Breakfast</b>	Chex Cereal, Banana, Milk	Scrambled Parsley Eggs on Wheat English Muffin, Fresh Sliced Pears, Milk	Zucchini Biscuit, Fresh Sliced Grapefruit, Milk	Yogurt Parfait, Puree Mixed Berries, Milk	WG Cinnamon Muffin, Applesauce, Milk
<b>Lunch</b>	Deli Turkey Ham on WG, Carrot Sticks w/ Ranch, Fresh Sliced Seasonal Fruit, Milk	Fresh English Pea Salad w/ Mint, and Feta Cheese, Italian Chicken Thighs, Garlic Bread, *Mango, Milk	Pulled Turkey Taquitos, Broccoli w/ Cheese, Fresh Slice Assorted Fruit, Milk	Penne Pasta w/ Cherry Tomatoes, and Eggplant, Sweet Peas, Fresh Sliced Cantaloupe, Milk	Chicken and Swiss Sloppy Joe's on WG, Mustard Potato Salad, Fresh Sliced Oranges, Milk,
<b>Snack</b>	Peaches, Cottage Cheese, Water	Spiced Apples, Wheat Saltine Crackers, Water	W Pita Triangles, Salsa, Veggie Slices, Water	Blueberry Squares, Fresh Sliced Assorted Fruit, Water	WG Bagel w/ Sunbutter, Fresh Sliced Watermelon Water
	Monday, 27	Tuesday, 28	Wednesday, 29	Thursday, 30	Friday, 31
<b>Breakfast</b>	Corn Puff Cereal, Banana, Milk	Cheesy Cornbread, Fresh Sliced Grapefruit, Milk	Cream of Wheat, Applesauce, Milk	WG Blueberry Bagel w/ Cream Cheese, Fresh Sliced Mixed Fruit, Milk	WG Toast w/ Fruit Spread, Fresh Sliced Apples, Milk
<b>Lunch</b>	Spaghetti w/ Turkey Meat Sauce, Green Beans, Seasonal Fruit, Milk	Chicken Quesadilla, on Wheat w/ Salsa & Sour Cream, Mixed Vegetables, Fresh Sliced Cantaloupe, Milk	Baked Zucchini Halves w/ White Beans, Cheese, and Diced Tomatoes, Par Baked WG Dinner Rolls, *Mixed Fruit, Milk	Baked Sweet Potato Stuffed w/ Black Bean Salad, Wheat Bread Stick, Fresh Sliced Honeydew, Milk	Chicken Egg Roll In A Bowl, Wheat Dinner Roll, Asian Medley Vegetables, *Pineapples, Milk

<b>Snack</b>	Apple Slices, Cheddar Cheese, Water	WG Flatbread Sunbutter Sandwiches, Carrot Sticks, Water	Tropical Bean Salad w/ Peach Dressing, WG Toast, Water	Sweet Potato Crackers, Fresh Sliced Pears, Water	String Cheese, Graham Crackers, Water
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\* 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](mailto:khorton@dhcdc.com)