



School Menu

September 2020

	Monday 8/31	Tuesday, 9/1	Wednesday, 9/2	Thursday, 9/3	Friday, 9/4
Breakfast	Rice Krispies Cereal, Banana, Milk	Wheat Cheese Toast, Fresh Sliced Pears, Milk	Wheat Biscuit w/ Fruit Spread, Fresh Sliced Grapefruit, Milk	Yogurt Parfait, Puree Mixed Berries, Milk	WG Cinnamon Muffin, Applesauce, Milk
Lunch	Chicken Pot Pie, (Chicken, Biscuits, and Mixed Vegetables), Fresh Sliced Cantaloupe, Milk	Greek Turkey Burgers on Wheat, Spinach Salad w/ Radish Curls and Carrots, *Pineapples, Milk	Nut-Free Pesto Chicken Pasta, California Blend Vegetables, *Mango, Milk	Tomato Soup, Mini Grilled Cheese Bites on WG, Fresh Sliced Apples, Milk	Chicken Gyro on Wheat Tortilla w/ Cucumber Salsa, Steamed Cauliflower, Watermelon, Milk
Snack	Apple Crunch Slices, String Cheese, Water	Sweet Potato Crackers, Fresh Sliced Honeydew, Water	Onion Dip w/ French Bread, Celery Sticks, Water	Zesty Garden Salad w/ Carrot Ribbons, Wheat Toast, Water	Fresh Sliced Zucchini w/Ranch, Wheat Crackers, Water
	Monday, 9/7	Tuesday, 9/8	Wednesday, 9/9	Thursday, 9/10	Friday, 9/11
Breakfast		Whole grain Pancakes, Fresh Sliced Cantaloupe, Milk	Wheat English Muffin w/ Cheese, Fresh Sliced Honeydew, Milk	Blueberry Bagel w/ Cream Cheese, Fresh Sliced Seasonal Fruit, Milk	Toasted Oats Cereal, Banana, Milk
Lunch	CLOSED	Bowtie Pasta w/ Spinach and Chicken Meatballs, Peas and Carrots, *Mango, Milk	Baked Honey Mustard Chicken, Green Beans, Wheat Biscuit, *Peaches, Milk	Cheese Pizza on Flatbread Mini, Carrot Sticks Applesauce, Milk	Chicken Caesar Sandwich on Wheat, Fresh Sliced Cucumber Sticks, *Pineapples, Milk
Snack		Corn Bread Muffin, Fresh Slice Mixed Fruit, Milk	Rice Cakes w/ Sun-butter, Fresh Sliced Grapefruit, Water	Sweet Potato Hummus, Celery Sticks w/ W Pita Triangles, Water	Nut-Free Trail Mix, Cheddar Cheese, Milk
	Monday, 9/14	Tuesday, 9/15	Wednesday, 9/16	Thursday, 9/17	Friday, 9/18
Breakfast	Cinnamon Toasted Oats, Banana, Milk	Waffles w/ Homemade Blueberry Topping, Oranges, Milk	Cream of Wheat w/ Pineapple Topping, Fresh Sliced Apples, Milk	Whole Grain Bagel w/ Sun-butter Fresh Sliced Seasonal Fruit, Milk	Cheese Toast on WG, Fresh Sliced Pears, Milk
Lunch	Fish Taco Bowls, (Wheat), Sweet Peas, Fresh Sliced Grapefruit, Milk	Sesame Chicken w/ Broccoli, Wheat Dinner Roll, Fresh Sliced Honey Dew, Milk	Linguine w/ Turkey Carrot Ragu, Spinach, Applesauce, Milk	BBQ Vegetarian Beans, Rosemary Potatoes w/ Cheese and Peppers, *Mixed Fruit, Milk	Chicken Sloppy Joe Pasta, Peas and Carrots, *Peaches, Milk
Snack	Sweet Potato Muffin, Fresh Sliced Cantaloupe, Water	White Bean Apple Dip w/ Pita Cinnamon Triangles, Cheese Squares, Water	Tuna ON Wheat, Fresh Sliced Oranges, Water	Watermelon Slices, Toast	Celery w/ Sun butter, Graham Crackers, Water
	Monday, 9/21	Tuesday, 9/22	Wednesday, 9/23	Thursday, 9/24	Friday, 9/25
Breakfast	Corn Puff Cereal, Banana, Milk	Oatmeal, *Mangos, Milk	Sweet Potato Biscuit w/ Apple Butter, Fresh Sliced Pears, Milk	French Toast w/ Fruit Compote, Fresh Sliced Mixed Fruit, Milk	Zucchini Breakfast Muffins, *Peaches, Milk
Lunch	Salmon Patties, Yellow Rice, Green Beans, *Mixed Fruit, Milk	Turkey Salisbury Patty, Wheat Dinner Roll, Glazed Carrots, Fresh Sliced Honeydew, Milk	Fettuccine w/ Roasted Red Peppers w/ Garlic Butter Sauce, Mixed Vegetables, *Pineapples, Milk	Vegetable Quesadilla, Fiesta Style Black Beans, *Mango, Milk	Turnip Greens, BBQ Chicken Thighs, Corn Bread, *Peaches, Milk
Snack	Sun butter on Wheat Bites, Fresh Sliced Oranges, Milk	Fresh Sliced Grapefruit, Wheat Thins Crackers, Water	Wheat Apple Taquitos, Cheese Squares, Water	WG Blueberry Bagel w/ Cream Cheese, Fresh Sliced Seasonal Fruit, Water	Grapefruit Sorbet, Rice Cakes, Water
	Monday, 9/28	Tuesday, 9/29	Wednesday, 9/30	Thursday, 10/1	Friday, 10/2
Breakfast	Rice Krispies Cereal, Banana, Milk	Wheat Cheese Toast, Fresh Sliced Pears, Milk	Wheat Biscuit w/ Fruit Spread, Fresh Sliced Grapefruit, Milk	Yogurt Parfait, Puree Mixed Berries, Milk	WG Cinnamon Muffin, Applesauce, Milk
Lunch	Chicken Tacos w/ Salsa, Shredded Yellow Cheese, and Lettuce, Mustard Potato Salad, Fresh Sliced Apples, Milk	Vegetable Rice, Baked Lemon Herbed Pollock, *Pineapples, Milk	Cauliflower, Sticky Chicken Meatballs, Wheat Dinner Rolls, Fresh Sliced Cantaloupe, Milk	Bean Rotini Pasta, Crinkle Cut Carrots, Fresh Sliced Seasonal Fruit, Milk	Margherita Pizza, Vegetarian Beans, Applesauce, Milk
Snack	Wheat Saltine Crackers, Sweet Potato Hummus, Cheese Triangles, Water	Baked Parmesan Carrot Fries w/ Dipping Sauce, Apple Bread, Water	Watermelon Salsa w/ Cinnamon Pita Triangles, String Cheese, Water	Baked Zucchini Sticks w/ Dipping Sauce, Buttered Wheat Toast, Water	Nut-Free Trail Mix, Fresh Sliced Seasonal 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