

Dyess Child Development Center Menu

USDA Child Care Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Oatmeal	Cornflakes	Cinnamon Toast	Waffles	Toasted Bagel
Milk Fruit/Vegetable Bread/Grain	Milk Cherries (A) Oatmeal (Fe) Under 2: Pureed Cherries	Milk *Sliced Bananas Cornflakes	Milk Cantaloupe (A&C) Cinnamon Toast Under 2: Pureed Cantaloupe (A&C)	Milk Strawberries (C) Waffles Under 2: Pureed Strawberries (C)	Milk Apricots (A&Fe) Toasted Bagel Lowfat Cream Cheese Under 2: Pureed Apricots
LUNCH	Turkey A La King (MC)	Grilled Cheese Halves	Shepherd's Pie (MC)	Tuna Salad	Egg Rolls (MC)
Milk Vegetable/Fruit (Serve 2 or more) Bread/Grains Meat/Alternative Other Foods	Milk Sweet Potatoes (A,C,Fe) Plums (A) Biscuits Cubed Turkey (Fe)	Milk Peas Oranges (C) Whole Wheat Bread Cheese Slices Under 2: Mandarin orange slices	Milk Mashed Potatoes Carrots & Peas (A) Dinner Rolls Ground Beef w/Gravy (Fe)	Milk Frozen Mangos (A&C) Green Beans (Fe) Whole Wheat Crackers Tuna (Fe)	Milk Steamed Broccoli (A,C,Fe) Sliced Pears Steamed Rice Pork Egg Rolls (Fe) FN1
SNACK	Veggie Sticks	Ham Rollups	Blueberry Muffins	Fruit Cocktail	Oatmeal Cookies
Milk Fruit/Vegetable Bread/Grains Meat/Alternative Other Foods	Milk Veggie Sticks FN4 Lowfat Ranch Dressing Under 2: Blanched Carrots (A)	Berry Juicy Juice (C) FN3 Ham Slices (Fe) Under 2: Cut-up Ham Slices (Fe)	Milk Blueberry Muffins	Milk Fruit Cocktail FN2	Grape Juice (C) FN3 Homemade Oatmeal Cookies

A, C, and Fe annotates foods rich in Vitamins A, C, and Iron. MC annotates Multicultural Items.

Water is available at all meal and snack times. All canned fruits served in light syrup or natural juices. * Fresh Fruits or Vegetables.

Breads = are either enriched white or whole wheat

Milk = Under 2 (Whole) & 2 and older (Lowfat 2%).

FN1 = Pork Egg Rolls consists of carrots (A), peas, beans, cabbage (A,C,Fe), diced pork (Fe) in a bread crust.

FN2 = Fruit Cocktail consists of diced pears, pineapples, peaches and cherries (A).

FN3 = Fortified (C) Fruit Juices consists of berry juicy juice, grape, orange and pineapple juice.

FN4 = Veggie Sticks consists of cucumbers, celery and carrots (A).