

**Dyess Child Development Center Menu**

<b>USDA Child Care Meal Pattern</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>BREAKFAST</b>	<b>Biscuits</b>	<b>Grits</b>	<b>Cheerios</b>	<b>Rye Toast</b>	<b>Potato &amp; Cheese Burritos (MC)</b>
Milk Fruit/Vegetable Bread/Grain	Milk Raspberries (C) Biscuits Under 2: Pureed Raspberries (C)	Milk Frozen Mangoes (A&C) Grits (Fe)	Milk *Cantaloupe (A&C) Cheerios Under 2: Pureed Cantaloupe (A&C)	Milk Applesauce Toast	Milk Orange Slices (C) Potato & Cheese Burritos Under 2: Mandarin oranges
<b>LUNCH</b>	<b>Teriyaki Chicken (MC)</b>	<b>Hamburgers</b>	<b>Polish Sausage (MC)</b>	<b>Beef Tips</b>	<b>Baked Fish Fillets</b>
Milk Vegetable/Fruit (Serve 2 or more) Bread/Grains Meat/Alternative Other Foods	Milk Broccoli (A,C,Fe) Peaches Whole Wheat Bread Teriyaki Chicken (Fe)	Milk Lettuce & Tomatoes (A,C,Fe) Baked Tator Tots (C) Hamburger Bun Ground Turkey Patties (Fe) Plums (A)	Milk Red Beans Cabbage © Cornbread Polish Sausage (Fe) FN1	Milk Spinach (A,C,Fe) Steamed Cauliflower (C) Rice Beef Tips (Fe)	Milk Peas Pears Rolls Baked Fish Fillets (Fe)
<b>SNACK</b>	<b>Bologna Rounds</b>	<b>Carrots &amp; Celery Sticks</b>	<b>Fig Newton's</b>	<b>Fruit Cocktail</b>	<b>Nectarines</b>
Milk Fruit/Vegetable Bread/Grains Meat/Alternative Other Foods	Apple Juice  Beef Bologna Rounds (Fe) Under 2: Diced Beef Bologna (Fe)	Milk Carrots (A) & Celery Sticks  Lowfat Ranch Dressing Under 2: Blanched Carrots (A)	Cranberry Juice Fig Newton's	Milk Fruit Cocktail FN2	Milk Nectarines (A)

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 = Polish Sausage consists of beef, pork and/or turkey.

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