

Dyess Child Development Center Menu

USDA Child Care Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Biscuits	Grits	Cheerios	Rye Toast	Potato & Cheese Burritos (MC)
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
LUNCH	Teriyaki Chicken (MC)	Hamburgers	Polish Sausage (MC)	Beef Tips	Baked Fish Fillets
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)
SNACK	Bologna Rounds	Carrots & Celery Sticks	Fig Newton's	Fruit Cocktail	Nectarines
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).