

Dyess Child Development Center Menu

USDA Child Care Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	English Muffin	Cream of Wheat	Cheese Toast	Rice Krispies	Pancakes
Milk Fruit/Vegetable Bread/Grain	Milk Cantaloupe (A&C) English Muffin Under 2: Pureed Cantaloupe	Milk Cherries (A) Cream of Wheat (Fe)	Milk *Honeydew Melon © Cheese Toast Under 2: Pureed Honeydew Melon	Milk Plums (A) Rice Krispies	Milk Apricots (A&Fe) Pancakes Under 2: Pureed Apricots
LUNCH	Hawaiian Ham (MC)	Chicken Nuggets	Spaghetti & Meatballs (MC)	Grilled Cheese Halves	Chili (MC)
Milk Vegetable/Fruit (Serve 2 or more) Bread/Grains Meat/Alternative Other Foods	Milk Pineapples Peas Biscuits Baked Ham Slices (Fe) Under 2: Crushed Pineapples	Milk Steamed Cauliflower (C) Fruit Cocktail FN2 Whole Wheat Bread Chicken Nuggets (Fe) Under 2: Grapes cut in fourths	Milk Salad FN1 Peaches Sliced Garlic Bread Ground Turkey (Fe) Spaghetti Noodles	Milk Green Beans (Fe) Grapefruit (C) Whole Wheat Bread Cheese Slices Under 2: Pureed Grapefruit (C)	Milk Corn & Pears Okra (C) Cornbread Chili Meat (Fe)
SNACK	Turkey Rolls	Steamed Broccoli	Oatmeal Cookies	Veggie Sticks	Fruit Smoothies
Milk Fruit/Vegetable Bread/Grains Meat/Alternative Other Foods	Grape Juice (C) FN4 Turkey Rolls (Fe)	Milk Steamed Broccoli (A,C,Fe) Lowfat Ranch Dressing	Milk Homemade Oatmeal Cookies	Milk Veggie Sticks FN5 Lowfat Ranch Dressing Under 2: Blanched Carrots (A)	Milk Winter Berries & Bananas FN3 Graham Crackers Under 2: Animal Crackers

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 = Salad consists of shredded iceberg lettuce, finely chopped tomatoes (A,C,Fe), cucumbers. Under 2: no cucumbers.

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

FN3 = Winter Berries consists of frozen strawberries ©, blackberries and raspberries ©.

FN4 = Fortified © Fruit Juices consists of berry juicy juice, grape, orange and pineapple juice.

FN5 = Veggie Sticks consists of cucumbers, celery and carrots (A).