

Dyess Child Development Center Menu

| USDA Child Care Meal Pattern | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|---|
| BREAKFAST | French Toast Sticks | Bran Flakes | Breakfast Pizza (MC) | Blueberry Muffins | Cinnamon Oatmeal |
| Milk Fruit/Vegetable Bread/Grain | Milk Mandarin Oranges (C) French Toast Sticks | Milk *Sliced Bananas Bran Flakes | Milk Pineapples Breakfast Pizza FN1 Under 2: Crushed Pineapples | Milk Apples Slices (Fe) Blueberry Muffins Under 2: Applesauce | Milk Apricots (A&Fe) Cinnamon Oatmeal (Fe) Under 2: Pureed Apricots |
| LUNCH | Baked Fish Fillets | Red Beans & Rice (MC) | Chicken Noodle Soup | Sloppy Joes | Cheese Ravioli (MC) |
| Milk Vegetable/Fruit (Serve 2 or more) Bread/Grains Meat/Alternative Other Foods | Milk Pears Broccoli (A,C,Fe) Whole Wheat Bread Baked Fish Fillets (Fe) | Milk Salad FN2 Steamed Cauliflower (C) Rice Red Beans (Fe) | Milk Strawberries (C) Green Beans (Fe) Saltine Crackers Baked Chicken (Fe) Under 2: Pureed Strawberries | Milk Baked Potato Halves (C) Nectarines (A) Hamburger Buns Ground Turkey (Fe) | Milk Frozen Mangos (A&C) Baked Pork-n-Beans Cornbread Shredded Cheese |
| SNACK | Animal Crackers | Honeydew Melon | Ham Rolls | Fruit Cocktail | Cucumbers |
| Milk Fruit/Vegetable Bread/Grains Meat/Alternative Other Foods | White Grape Juice Animal Crackers | Milk Honeydew Melon © Under 2: Pureed Honeydew Melon | Berry Juicy Juice (C) FN3 Ham Rolls (Fe) | Milk Fruit Cocktail FN4 | Milk Cucumbers Ritz Crackers Under 2: Pureed cucumbers |

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 = Breakfast Pizza consists of sausage, pepperoni, ham, or turkey with cheese on a pizza crust or muffin with tomato sauce (A,C,Fe).

FN2 = Salad consists of shredded iceberg lettuce, finely chopped tomatoes (A,C,Fe), cucumbers. Under 2: no cucumbers.

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

FN4 = Fruit Cocktail consists of diced pears, pineapples, peaches and cherries (A).