

**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>Granola Bar</b>	<b>Waffles</b>	<b>Oat Bran Muffin</b>	<b>Malt-O-Meal</b>	<b>Croissants</b>
Milk Fruit/Vegetable Bread/Grain	Milk Mandarin Oranges (C) Granola Bar	Milk *Sliced Bananas Waffles	Milk Plums (A) Oat Bran Muffin	Milk Nectarines (A) Malt-O-Meal (Fe)	Milk Apple Slices (Fe) Croissants Under 2: Applesauce
<b>LUNCH</b>	<b>Ham Sandwiches</b>	<b>Taco Salad (MC)</b>	<b>Fish Shapes</b>	<b>Orange Chicken (MC)</b>	<b>Swedish Meatballs (MC)</b>
Milk Vegetable/Fruit (Serve 2 or more) Bread/Grains Meat/Alternative Other Foods	Milk Green Peas Canned Pineapple Chunks Whole Wheat Bread Sliced Ham (Fe) Under 2: Crushed Pineapples	Milk Lettuce & Tomatoes Garnish (A,C,Fe) Corn & Peaches Soft Tortillas & Chips Ground Beef (Fe)	Milk Fruit Cocktail FN1 Steamed Broccoli (A,C,Fe) Whole Wheat Bread Slices Baked Fish Shapes (Fe)	Milk Cantaloupe (A&C) Green Beans (Fe) Fried Rice Baked Chicken (Fe)	Milk Steamed Cauliflower (C) Mashed Potatoes Rolls Ground Turkey (Fe)
<b>SNACK</b>	<b>Beanie Weenies</b>	<b>Chex Mix</b>	<b>Carrots &amp; Celery Sticks</b>	<b>Cranberry Muffin</b>	<b>Fruit Cocktail</b>
Milk Fruit/Vegetable Bread/Grains Meat/Alternative Other Foods	Milk Baked Pork-n-Beans	Grape Juice (C) FN2 Chex Mix Under 2: Chex mix softened in milk	Milk Carrots (A) & Celery Sticks  Lowfat Ranch Dressing Under 2: Blanched Carrots	Milk  Cranberry Muffins	Milk Fruit Cocktail FN2

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

FN2 = Fortified (C) Fruit Juices consists of berry juicy juice, grape, orange and pineapple juice.