

**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>Pancakes</b>	<b>Rice Krispies</b>	<b>French Toast Sticks</b>	<b>Apple Cinnamon Muffins</b>	<b>Breakfast Pizza (MC)</b>
Milk Fruit/Vegetable Bread/Grain	Milk Mandarin Oranges (C) Pancakes	Milk Cantaloupe (A&C) Rice Krispies Under 2: Pureed Cantaloupe	Milk Nectarines (A) French Toast Sticks Under 2: Mandarin Oranges	Milk Fruit Cocktail FN1 Apple Cinnamon Muffins	Milk Plums (A) Breakfast Pizza FN3
<b>LUNCH</b>	<b>Red Beans &amp; Rice (MC)</b>	<b>Hawaiian Ham (MC)</b>	<b>Polish Sausage (MC)</b>	<b>Cheese Quesadillas (MC)</b>	<b>Chicken Strips</b>
Milk Vegetable/Fruit (Serve 2 or more) Bread/Grains Meat/Alternative Other Foods	Milk Salad FN5 Honeydew Melon (C) Rice & Cornbread Red Beans (Fe) Under 2: Pureed Honeydew	Milk Pineapples Peas Biscuits Baked Ham Slices (Fe) Under 2: Crushed Pineapples	Milk Peaches Cabbage (C) Cornbread Polish Sausage (Fe) FN4	Milk Apricots (A&Fe) Tomato Soup (A,C,Fe) Baked Soft Tortillas Shredded Cheese Under 2: Diced Apricots	Milk Strawberries (C) Green Beans (Fe) Dinner Rolls Baked Chicken Strips (Fe) Under 2: Pureed Strawberries
<b>SNACK</b>	<b>Turkey Rolls</b>	<b>Corn Meal Cookies</b>	<b>Steamed Broccoli &amp; Cauliflower</b>	<b>Bologna Rounds</b>	<b>Bread Sticks</b>
Milk Fruit/Vegetable Bread/Grains Meat/Alternative Other Foods	White Grape Juice  Turkey Rolls (Fe)	Milk Pears Corn Meal Cookies	Milk Steamed Broccoli (A,C,Fe) & Cauliflower (C)	Milk Pineapple Rounds  Beef Bologna Rounds (Fe) Under 2: Diced Bologna Under 2: Crushed Pineapples	Berry Juicy Juice © FN2 Baked Bread Sticks  Marinara Sauce

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.

FN3 = Breakfast Pizza consists of sausage, pepperoni, ham, or turkey with cheese on a pizza crust or muffin with tomato sauce (A,C,Fe).

FN4 = Polish Sausage consists of beef, pork and turkey.

FN5 = Salad consists of shredded iceberg lettuce, finely chopped tomatoes (A,C,Fe), cucumbers. Under 2: no cucumbers.