

Dyess AFB School-Age Program Menus					
Week 1					
USDA Child Care Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Pancakes	Cereal Variety	Sausage Biscuits	Oatmeal	Waffles
Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	Grapefruit & Orange Segments (C)	Honeydew Melon (C)	Bananas (C)	Apples Slices (C)	Strawberries (C)
Bread/Grain	Pancakes	Cereal Variety (Honey Nut Cheerios,	Biscuits	Oatmeal	Waffles
Other Foods		Shredded Wheat, Rice Krispies, Golden Grahams)	Turkey Sausage		
LUNCH	Hawaiian Ham	Fajitas	Pork Roast	Fish Sticks	Hamburgers
Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	Carrots (A)	Refried Beans (Fe)	Broccoli (A & C)	Cole Slaw (C)	Green Beans (Fe)
(2 or more)	Pineapples (C)	Peaches (C)	Mashed Potatoes (Vitamin C restored)	Baked Potato Fries (C)	Cantaloupe (A&C)
Bread/Grains	Multigrain Rolls	Flour Tortilla	Wheat Roll	Cornbread	Hamburger Buns
Meat/Alternative	Sliced Ham (Fe)	Chicken Slices (Fe)	Pork Roast (Fe)	Baked Fish Sticks (Fe)	Ground Beef Patties (Fe)
Other Foods		Grilled Peppers & Onions			Lettuce & Tomatoes
SNACK	Fresh Veggies	Bologna Sandwich	Chicken Nuggets	Trail Mix	Oatmeal Raisin Cookie
Milk		Milk	Milk		Milk
Fruit/Vegetable	Tomatoes (C), Carrots (A), Cucumbers			100% Orange Juice	
Bread/Grains	Ritz Crackers	Sliced Wheat Bread		Trail Mix	HM Oatmeal Raisin Cookie
Meat/Alternative	Cheese removed Fe	Bologna	Chicken Nuggets (Fe)	(chex cereal, pretzels, dried fruit)	
Other Foods	100% Grape Juice				

A Fresh Fruit Bowl is set out during all meal times.

2% Milk Served

Fresh fruit served when available