

Dyess AFB School-Age Program Menus

Week 2

USDA Child Care Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Cheese Toast	Muffins	French Toast	Biscuits	Breakfast Casserole
Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	Bananas (C)	Sliced Pears (C)	Strawberries ©	Tropical Fruit Salad ©	Plums (A)
Bread/Grain	Sliced Wheat Bread	Pumpkin Muffin (Fall/Winter)	French Toast	Biscuit	Croissant Rolls
Other Foods	Sliced Cheese	Blueberry Muffin (Spring/Summer)		Turkey Bacon	Eggs (Fe), Cheese, hashbrown potatoes
LUNCH	Oven Fried Chicken	Tuna Pita Pockets	Cheese Quesadillas	Chili Dogs	Teriki Chicken
Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable (2 or more)	Carrots (A) Okra (C)	Sweet Potato Fries (C) Honeydew Melon (C)	Peaches (A) Refried Red Beans (Fe) with Cheese	Cantaloupe (C) Potato Salad	Mandarin Oranges (C) Steamed Broccoli (A,C & Fe)
Bread/Grains	Sourdough Bread	Whole Wheat Pita Pockets	Flour Tortilla	Hotdog Bun	Rice
Meat/Alternative	Oven Fried Chicken (Fe)	Tuna (Fe)	Cheese Slices (Fe)	Beef Wieners (Fe)	Teriki Chicken
Other Foods			Tossed Salad	Chili	
SNACK	Ham & Cheese Stack-Ups	Southwest Wrap	Graham Crackers	Rice Krispie Treats	Fruit Smoothies
Milk	water	100% Grape Juice	Milk		Milk
Fruit/Vegetable	Pineapple Chunks (C)	Tomatoes, lettuce	Apple Slices (C)	100% Orange Juice (C)	Mixed Fruit /yogurt
Bread/Grains	Ritz Crackers	Tortillas (sun-dried tom, herb)	Graham Crackers	Homemade Rice Krispie Treats	Wheat Thins
Meat/Alternative	Ham Slices (Fe)	Black beans			
Other Foods	Sliced Cheese	Salsa, low fat sour cream			

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

2% Milk Served

Fresh fruit served when available