

Dyess AFB School-Age Program Menus					
Week 4					
USDA Child Care Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	<b>Pancakes</b>	<b>Muffins</b>	<b>Turkey Bacon Biscuit</b>	<b>English Muffin</b>	<b>Boiled Eggs with Toast</b>
Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	Strawberries (C)	Honeydew Melon Cubes (C)	Orange Slices (C)	Mandarin Oranges (C)	Bananas (C)
Bread/Grain	Pancakes	Apple Cinnamon (Fall/Winter)	Biscuit	English Muffin	Sliced Wheat Bread
Other Foods		Banana Nut (Spring/Summer)	Turkey Bacon		Boiled Eggs (Fe)
<b>LUNCH</b>	<b>Macaroni &amp; Cheese</b>	<b>Sloppy Joe</b>	<b>Chicken Strips</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Fish Sticks</b>
Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable (2 or more)	Green Beans (Fe) Fruit Cocktail	Peaches (A) Baked Tator Tots	Broccoli (A,C & Fe) sweet potatoe fries (A&C)	Cantaloupe (A&C) Tossed Salad	Carrots (A) Baked Potato Wedges (C)
Bread/Grains	Pasta Spirals	Hamburger Bun	wheat rolls	Flour Tortillas	Cornbread
Meat/Alternative	Cheese (Fe)	Ground Beef (Fe)	Chicken Strips (Fe)	Refried Beans (Fe)	Fish Sticks (Fe)
Other Foods	Diced Ham			Cheese & Salsa	
<b>SNACK</b>	<b>Make Your Own Pizza</b>	<b>Yogurt</b>	<b>Vegetable Sticks</b>	<b>Fruit Smoothies</b>	<b>Brownies</b>
Milk	Milk	Milk	100% Grape Juice	Milk	Milk
Fruit/Vegetable	Olives, Mushrooms, Peppers	Bananas & Strawberries (C)	Carrots, Celery, Cucumbers	Mixed Fruit	
Bread/Grains	English Muffins	Granola	Goldfish Crackers	Wheat Thins	HM Brownies
Meat/Alternative	Pepperoni Slices	Low Fat Yogurt			
Other Foods	Pizza Sauce				

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

2% Milk Served

Fresh fruit served when available