

Denbigh Christian Academy Menu

January 7 - 11, 2019

	BREAKFAST	AM SNACK	LUNCH	PM SNACK
Monday	1/4 cup oatmeal or cereal or 1/2 slice wheat toast (3-5 age) 1/2 cup oatmeal or cereal or 1 slice wheat toast (6-12 age) 6 oz 1% Milk or 100% Juice (8 oz for ages 6-12)	2 Graham Crackers 4 oz 1% Milk (8 oz for ages 6-12)	1 1/2 oz Hamburger Patty 1 Whole Wheat Bun 1/4 cup French Fries 1/4 cup Applesauce 6 oz.1% Milk (ages 6-12 8 oz)	1 (.78 oz) Bar Rice Krispy Treat 4 oz 1% Milk (8 oz for ages 6-12)
Tuesday	1/4 cup oatmeal or cereal or 1/2 slice wheat toast (3-5 age) 1/2 cup oatmeal or cereal or 1 slice wheat toast (6-12 age) 6 oz 1% Milk or 100% Juice (8 oz for ages 6-12)	1/4 cup Goldfish Crackers 4 oz 100% Apple Juice (8 oz for ages 6-12)	1 1/2 oz Chicken Dumplings 1/4 cup Mixed Vegetables 1/4 cup Mandarin Oranges 6 oz.1% Milk (ages 6-12 8 oz)	1 Cinnamon Bel Vita Bar 4 oz 1% Milk (8 oz for ages 6-12)
Wednesday	1/4 cup oatmeal or cereal or 1/2 slice wheat toast (3-5 age) 1/2 cup oatmeal or cereal or 1 slice wheat toast (6-12 age) 6 oz 1% Milk or 100% Juice (8 oz for ages 6-12)	1/4 cup Chex Mix 4 oz 1% Milk (8 oz for ages 6-12)	1 1/2 oz Corndog Nuggets 1/4 Green Beans 1/4 cup Tropical Fruit 6 oz.1% Milk (ages 6-12 8 oz)	1 Chocolate Chip Granola Bar 4 oz 1% Milk (8 oz for ages 6-12)
Thursday	1/4 cup oatmeal or cereal or 1/2 slice wheat toast (3-5 age) 1/2 cup oatmeal or cereal or 1 slice wheat toast (6-12 age) 6 oz 1% Milk or 100% Juice (8 oz for ages 6-12)	1/4 cup Sliced Cheddar Cheese and crackers 4 oz Water (8 oz for ages 6-12)	1 1/2 oz Whole Wheat Pollock Fish Patty 1 Whole Wheat Bun 1/4 cup Corn 1/4 cup Pears 6 oz.1% Milk (ages 6-12 8 oz)	Graham Crackers 4 oz 1% Milk (8 oz for ages 6-12)
Friday	1/4 cup oatmeal or cereal, french toast stick or 1/2 slice wheat toast (3-5 age) 1/2 cup oatmeal or cereal, french toast stick or 1 slice wheat toast (6-12 age) 6 oz 1% Milk or 100% Juice (8 oz for ages 6-12)	1/4 cup Mixed Fruit 4 oz 1% Milk (8 oz for ages 6-12)	2 Slice Bologna 2 slices Whole Wheat Bread 1/4 cup Tater Tots 1/4 cup Mixed Fruit 6 oz.1% Milk (ages 6-12 8 oz)	1/4 cup Cheese-It Crackers 4 oz 10 % Orange Juice (8 oz for ages 6-12)