

Denbigh Christian Academy Menu

October 8 - 12, 2018

	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 Whole Wheat Bun 1/4 cup French Fries 1/4 Diced Pears 6 oz.1% Milk (ages 6-12 8 oz)	1/4 cup Animal Crackers 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 Pretzels 4 oz 1% Milk (8 oz for ages 6-12)	1 1/2 oz Chicken Dinosaurs 1/4 cup Corn 1/4 cup Mandarin Oranges 6 oz.1% Milk (ages 6-12 8 oz)	1/2 cup Cheeze-It Crackers 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 Cheeze Pizza 1/4 cup Fresh Salad w/1 tsp Dressing 1/4 cup Tropical Fruit 6 oz.1% Milk (ages 6-12 8 oz)	3 Chocolate Chip Cookies 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 Ritz crackers 4 oz 1% Milk (8 oz for ages 6-12)	1 1/2 oz Meatloaf w/Gravy 1/4 cup Mashed Potato 1/4 cup Peas 1/4 cup Apple Sauce 6 oz.1% Milk (ages 6-12 8 oz)	1/4 cup Nilla Waffers 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 Apples slices 4 oz 1% Milk (8 oz for ages 6-12)	1 slice Turkey & 1 slice Cheese 2 slices Whole Wheat Bread 1/4 cup Carrots, Broccoli w/1 tsp Dressing 1/4 cup Fruit Cocktail 6 oz.1% Milk (ages 6-12 8 oz)	2.25 oz Yoplait Gogurt 4 oz 100% Apple Juice (8 oz for ages 6-12)