

Denbigh Christian Academy Menu

December 3 - 7, 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 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 Yoplait Gogurt 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 Mac & Cheese 1/4 Green Beans 1/4 cup Tropical Fruit 6 oz.1% Milk (ages 6-12 8 oz) | 1 Chocolate Chip 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 4 oz Water (8 oz for ages 6-12) | 1 1/2 oz Goulash 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) | 1 slice Ham & 1 slice Cheese 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) |