

Denbigh Christian Academy Menu

February 11 - 15, 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 (8 oz for ages 6-12) Fresh Apple or Orange Slices	1/4 cup Pretzels 4 oz 1% Milk (8 oz for ages 6-12)	1 1/2 oz Meatloaf Whole Wheat bun 1/4 cup Butter Beans 1/4 cup Pineapple 6 oz. 1% Milk (ages 6-12 8 oz)	1/4 cup Chex Mix 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 (8 oz for ages 6-12) Fresh Apple or Orange Slices	1/4 cup Sliced Cheddar Cheese Ritz Crackers 4 oz Water (8 oz for ages 6-12)	1 1/2 Chicken Tenders 1/4 cup Peas 1/4 cup Fruit Mix 1 slice Whole Wheat Bread 6 oz. 1% Milk (ages 6-12 8 oz)	1 Nutri Grain 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 (8 oz for ages 6-12) Fresh Apple or Orange Slices	1/4 cup Cheese-It Crackers 4 oz 1% Milk (8 oz for ages 6-12)	1 1/2 oz Mac & Cheese 1/4 cup Green Beans w/1 tsp Dressing 1/4 cup Peaches 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 (8 oz for ages 6-12) Fresh Apple or Orange Slices	1/4 cup Gold Fish 4 oz 1% Milk (8 oz for ages 6-12)	1 1/2 oz Popcorn Chicken 1/4 cup Roasted Potatos 1/4 cup Mixed Vegetables 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 (8 oz for ages 6-12) Fresh Apple or Orange Slices	1/4 cup Apple slices 4 oz 1% Milk (8 oz for ages 6-12)	Grilled Cheese on 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 Graham Crackers 4 oz Water (8 oz for ages 6-12)