

Denbigh Christian Academy Menu

June 10 - 14, 2019

	BREAKFAST	AM SNACK	LUNCH	PM SNACK
Monday	French Toast 1/4 - 1/2 cup Apple Sauce Cereal (Optional) 6 oz. 1% Milk (8 oz for ages 6-12)	1/4 cup Orange Slices 4 oz Water (8 oz for ages 6-12)	1 1/2 oz Beef Pattie w/Gravy 1/4 cup Mashed Potatoes 1/4 cup Tropical Fruit 1 Whole Wheat Roll 6 oz. 1% Milk (ages 6-12 8 oz)	1/2 oz Chocolate Chip Bar 4 oz 1% Milk (8 oz for ages 6-12)
Tuesday	1/4 - 1/2 cup Cream of Wheat 1/4 - 1/2 Cup Peaches Cereal (Optional) 6 oz. 1% Milk (8 oz for ages 6-12)	1/4 cup Carrots & Ranch Dressing 4 oz 1% Milk (8 oz for ages 6-12)	1 1/2 oz BBQ Chicken 1 Whole Wheat Roll 1/4 cup Carrots 1/4 cup Applesauce 6 oz. 1% Milk (ages 6-12 8 oz)	1/4 cup Nilla Wafers 4 oz 1% Milk (8 oz for ages 6-12)
Wednesday	1/4 - 1/2 cup Oatmeal 1/4 - 1/2 Cup Apple Slices Cereal (Optional) 6 oz. 1% Milk (8 oz for ages 6-12)	1/4 cup Pretzel Mix 4 oz 1% Milk (8 oz for ages 6-12)	1/2 cup Spaghetti w/Meat Sauce 1/4 cup String Beans 1/4 cup Pineapples 6 oz. 1% Milk (ages 6-12 8 oz)	Cinnamon & Brown Sugar Oatmeal Squares 4 oz 1% Milk (8 oz for ages 6-12)
Thursday	Whole Wheat Toast 1/4 - 1/2 Cup Pears Cereal (Optional) 6 oz. 1% Milk (8 oz for ages 6-12)	Teddy Graham Crackers 4 oz 1% Milk (8 oz for ages 6-12)	1 1/2 oz Dinosaur Chicken 1/4 cup Peas & Carrots 1/4 cup Fruit Cocktail Whole Wheat Bread 6 oz. 1% Milk (ages 6-12 8 oz)	1/4 - 1/2 cup Jello Fruit Cup 4 oz 1% Milk (8 oz for ages 6-12)
Friday	1/4 - 1/2 cup Pancakes 1/4 - 1/2 Cup Mixed Fruit Cereal (Optional) 6 oz. 1% Milk (8 oz for ages 6-12)	1/4 cup Orange Slices 4 oz 1% Milk (8 oz for ages 6-12)	Cheese Sandwich on Whole Wheat Bread 1/4 cup Broccoli & Carrots 1/4 cup Pears 6 oz. 1% Milk (ages 6-12 8 oz)	1/4 cup Goldfish 4 oz 100% Apple Juice (8 oz for ages 6-12)