



January 2020

Cold "Simple Serve" Breakfast Monthly Meal Planner

REVISED:	Cold "Simple Serve" Breakfast Monthly Meal Planner				
12-3-2019	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1			1	2	3
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice 2 oz. grain or 1 oz. & 1 oz. meat/alt	Assorted Fruit can be: Dried fruit (1/4 cup = 1/2 cup eq) Fruit cup (4 oz variety) Juice box (4 oz variety) Fresh fruit variety		Happy New Year! Winter Break NO SCHOOL	Winter Break NO SCHOOL	Winter Break NO SCHOOL
Week 2	6	7	8	9	10
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice	Milk Assorted Fruit	Milk Assorted Fruit	Milk Assorted Fruit	Milk Assorted Fruit	Milk Assorted Fruit
2 oz. grain or 1 oz. & 1 oz. meat/alt	WG Cereal Bar WG Grahams	WG Granola Yogurt	WG Nutri-Grain Bar WG Grahams	WG Pillsbury Bagel Stick	WG Ultimate Breakfast Round
Week 3	13	14	15	16	17
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice	Milk Assorted Fruit	Milk Assorted Fruit	Milk Assorted Fruit	Milk Assorted Fruit	Milk Assorted Fruit
2 oz. grain or 1 oz. & 1 oz. meat/alt	WG Toaster Pastry WG Grahams	WG Goody Ring Donut	WG Cereal WG Grahams	WG Cinnamon Texas Toast	WG Granola Bar Yogurt
Week 4	20	21	22	23	24
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice	Martin Luther King Jr. Day NO SCHOOL	Milk Assorted Fruit	Milk Assorted Fruit	Milk Assorted Fruit	Milk Assorted Fruit
2 oz. grain or 1 oz. & 1 oz. meat/alt		WG Crunchmania	WG Muffin (Assorted) Cheese Stick	WG Cereal WG Grahams	WG Pillsbury Bagel Stick
Week 5	27	28	29	30	31
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice	Milk Assorted Fruit	Milk Assorted Fruit	Milk Assorted Fruit	Milk Assorted Fruit	Milk Assorted Fruit
2 oz. -grain or 1 oz. & 1 oz. meat/alt	WG Cereal Bar WG Grahams	WG Cinnamon Roll	WG Wowbutter & Jelly EZ Jammer	WG Chocolate Chip Oatmeal Bar WG Grahams	WG Wild Berry Bread

DC Catering, Inc.



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11-19-2019	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1			1	2	3
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c Veg 3/4 - 1 c Grains 1 - 2 oz eq Milk 1 c. (8 oz)	Assorted Fruit can be: Dried fried (1/4 cup = 1/2 cup eq) Fruit cup (4 oz) variety Juice Box (4 oz) variety Fresh fruit variety		Happy New Year! Winter Break NO SCHOOL	Winter Break NO SCHOOL	Winter Break NO SCHOOL
Week 2	6	7	8	9	10
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c Veg 3/4 - 1 c Grains 1 - 2 oz eq Milk 1 c. (8 oz)	Chili Cheese Coney Apple Slices Carrots/BBQ Beans WG Hot Dog Bun Milk	Braised BBQ Chicken Apricots Broccoli/Garden Salad WG Grahams Milk	Breakfast Sausage Berries Sweet Potatoes WG Pancakes Milk	Walking Taco w/ cheese Pineapple Corn/Shredded Lettuce/Tomato Salsa WG Chips Milk	Chicken Philly Sandwich w/ cheese Peaches Peppers & Onions/Cucumber Slices WG Hot Dog Bun Milk
Week 3	13	14	15	16	17
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c Veg 3/4 - 1 c Grains 1 - 2 oz eq Milk 1 c. (8 oz)	Hamburger w/ cheese Pears Sweet Potato Fries/Coleslaw WG Hamburger Bun Milk	Mac-N-Cheese Berries Dark Green Salad/Tomatoes WG Bread Milk	Corn Dog Mixed Fruit Cooked Peas/Baby Carrots WG Cornmeal Breading Milk	Chicken Fajita w/ cheese Peaches Refried Beans/Shredded Lettuce WG Tortilla(s) Milk	Baked Cheese Panini Melon Tomato Soup/Cucumber Slices WG Panini Bread Slices Milk
Week 4	20	21	22	23	24
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c Veg 3/4 - 1 c Grains 1 - 2 oz eq Milk 1 c. (8 oz)	Martin Luther King Jr. Day NO SCHOOL	Beef Hot Dog (Chicago Style) Mandarin Oranges Peppers & Onions/Coleslaw WG Hot Dog Milk	Chicken BBQ Sandwich w/ cheese Berries Mixed Vegetables/Cucumber Slices WG Hot Dog Bun Milk	Chicken Fingers Mixed Fruit Broccoli/Carrots WG Mini Cornbread Loaf Milk	Beef Pepperoni Calzone Peaches Garden Salad/Tomatoes WG Calzone Crust Milk
Week 5	27	28	29	30	31
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c Veg 3/4 - 1 c Grains 1 - 2 oz eq Milk 1 c. (8 oz)	Hamburger w/ cheese Apple Slices Side Winder Potatoes/Baby Carrots WG Hamburger Bun Milk	Walking Taco w/ cheese Pears WG Chips Milk	Meatloaf Berries Dark Green Salad/Tomatoes WG Bread Slice(s) Milk	Chicken Nuggets Pineapple Celery/Cooked Carrots WG Chips Milk	Cheesy Bread w/ marinara Melon Mixed Vegetables/Cucumber Slices WG Cheesy Bread Crust Milk

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"This institution is an equal opportunity provider."