



October 2023

Cold "Simple Serve" Breakfast Monthly Meal Planner

Simple Serve Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
REVISID:					
9-11-2023					
Week 1	3	4	5	6	6
1 cup Milk, fluid	Milk	Milk	Milk	Milk	Milk
1 cup fruit, or	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Veg, 100% juice	WG Chocolate Chip Oatmeal Bar	WG Snack'n Waffle	WG Granola Bar	WG Chocolate Filled Crescent	WG Cereal Bar
2 oz. grain or 1 oz.	WG Grahams		Yogurt		WG Grahams
& 1 oz. meat/alt					
Week 2	10	11	12	13	13
1 cup Milk, fluid	Milk	Milk	Milk	Milk	Milk
1 cup fruit, or	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Veg, 100% juice	Fruit & Grain Bar	WG Pop-Tarts	WG Cereal	WG Bagel w/ cream cheese	WG Mini French Toast
2 oz. grain or 1 oz.			WG Grahams		
& 1 oz. meat/alt					
Week 3	17	18	19	20	20
1 cup Milk, fluid	Milk	Milk	Milk	Milk	Milk
1 cup fruit, or	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Veg, 100% juice	WG Ultimate Breakfast Round	WG Cereal Bar	WG Breakfast Bun	WG Apple Cinnamon Texas Toast	WG Granola
2 oz. grain or 1 oz.		WG Grahams			Yogurt
& 1 oz. meat/alt					
Week 4	23	24	25	26	27
1 cup Milk, fluid	Milk	Milk	Milk	Milk	Milk
1 cup fruit, or	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Veg, 100% juice	WG Nutri-Grain Bar	WG Crunchmania	WG Cinnamon Roll	WG Cereal	WG Wild Berry Bread
2 oz. grain or 1 oz.	WG Grahams			WG Grahams	
& 1 oz. meat/alt					
Week 5	30	31			
1 cup Milk, fluid	Milk	Milk			
1 cup fruit, or	Assorted Fruit	Assorted Fruit			
Veg, 100% juice	WG Chocolate Chip Oatmeal Bar	WG Snack'n Waffle			
2 oz. grain or 1 oz.	WG Grahams				
& 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
					"This institution is an equal opportunity provider."
					www.daycarecateringservice.com

*Subject to change during this pandemic reintegration into the "new normal" of available food supplies.

Name _____

DC Catering, Inc.



October 2023

NSLP

Monthly Meal Planner

REVISID:	Monday	Tuesday	Wednesday	Thursday	Friday
9-22-2023					
Week 1					
M/MA 1 - 2 oz eq	Burger w/ cheese	Chicken Fingers	Walking Taco w/ cheese	Breaded Chicken Patty w/ cheese	Oven Baked Cheese Panini
Fruit 1/2 - 1 c eq	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Veg 3/4 - 1 c eq	Fries	Green Beans	Cuban Black Beans	Sweet Potatoes	Breaded Fruit
Grains 1 - 2 oz eq	WG Hamburger Bun	WG Cornbread	WG Chips	WG Hamburger Bun	WG Panini Bread Slices
Milk 1 c. (8 oz)	Milk	Milk	Milk	Milk	Milk
Week 2					
M/MA 1 - 2 oz eq	Beef Hot Dog	Chicken Parmesan w/ cheese	Mac-N-Cheese	Chicken Nuggets	French Bread Cheese Pizza
Fruit 1/2 - 1 c eq	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Veg 3/4 - 1 c eq	Vgtrn Baked Beans	Peas	Broccoli	Cucumber Slices	Garden Salad/Grape Tomatoes
Grains 1 - 2 oz eq	WG Hot Dog Bun	WG Bun	WG Bread Slice	WG Grahams	WG Pizza Crust
Milk 1 c. (8 oz)	Milk	Milk	Milk	Milk	Milk
Week 3					
M/MA 1 - 2 oz eq	Burger w/ cheese	Mini Corn Dogs	BBQ Chicken w/ cheese	Spaghetti w/ Meat Sauce & Cheese	Breaded Chicken Fries
Fruit 1/2 - 1 c eq	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Veg 3/4 - 1 c eq	Fries	Vgtrn Baked Beans	Cucumber Slices	Dark Green Salad/Grape Tomatoes	Assorted Fruit
Grains 1 - 2 oz eq	WG Hamburger Bun	WG Cornmeal Breading	WG Hamburger Bun	WG Bread Slice	WG Bread Slice
Milk 1 c. (8 oz)	Milk	Milk	Milk	Milk	Milk
Week 4					
M/MA 1 - 2 oz eq	Beef Hot Dog	Chicken Fajita w/ cheese	3-Way Chili Spaghetti w/ cheese	Popcorn Chicken	French Bread Cheese Pizza
Fruit 1/2 - 1 c eq	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Veg 3/4 - 1 c eq	Vgtrn Baked Beans	Corn	Garden Salad/Grape Tomatoes	Broccoli	Cucumber Slices
Grains 1 - 2 oz eq	WG Hot Dog Bun	WG Tortilla	WG Bread Slice	WG Roll	WG Pizza Crust
Milk 1 c. (8 oz)	Milk	Milk	Milk	Milk	Milk
Week 5					
M/MA 1 - 2 oz eq	Burger w/ cheese	Beef Ravioli			Assorted Fruit can be:
Fruit 1/2 - 1 c eq	Assorted Fruit	Assorted Fruit			Dried fruit (1/4 cup = 1/2 cup eq)
Veg 3/4 - 1 c eq	Fries	Garden Salad			Fruit cup (4 oz) variety
Grains 1 - 2 oz eq	WG Hamburger Bun	WG Roll			Juice box (4 oz) variety
Milk 1 c. (8 oz)	Milk	Milk			Fresh or Canned fruit variety

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