

Name _____

DC Catering, Inc. December 2023



Monthly Meal Planner

NSLP	Monday	Tuesday	Wednesday	Thursday	Friday
REVISD: 11-15-2023					
Week 1					
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 3/4 - 1 c eq Grains 1 - 2 oz eq Milk 1 c. (8 oz)	Assorted Fruit can be: Dried fruit (1/4 cup = 1/2 cup eq) Fruit cup (4 oz) variety Juice box (4 oz) variety Fresh or Canned fruit variety				1
Week 2					
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 3/4 - 1 c eq Grains 1 - 2 oz eq Milk 1 c. (8 oz)	Beef Hot Dog Assorted Fruit Vgtrn Baked Beans/Carrots WG Hot Dog Bun Milk	BBQ Chicken w/ cheese Assorted Fruit Cucumber Slices WG Hamburger Bun Milk	Walking Taco w/ cheese Assorted Fruit Shredded Romaine/Corn WG Chips Milk	Chicken Fingers Assorted Fruit Green Beans WG Cornbread Milk	8
Week 3					
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 3/4 - 1 c eq Grains 1 - 2 oz eq Milk 1 c. (8 oz)	Burger w/ cheese Assorted Fruit Sweet Potato Fries WG Hamburger Bun Milk	Breaded Chicken Patty w/ cheese Assorted Fruit Vgtrn Baked Beans WG Hamburger Bun Milk	Mac-N-Cheese Assorted Fruit Broccoli WG Bread Slice Milk	Chicken Nuggets Assorted Fruit Celery WG Grahams Milk	15
Week 4					
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 3/4 - 1 c eq Grains 1 - 2 oz eq Milk 1 c. (8 oz)	Meatball Hoagie w/ cheese Assorted Fruit Bell Peppers/Carrots WG Hot Dog Bun Milk	Popcorn Chicken Assorted Fruit Celery WG Roll Milk	No School	No School	No School
Week 5					
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 3/4 - 1 c eq Grains 1 - 2 oz eq Milk 1 c. (8 oz)	Happy Holidays	No School	No School	No School	No School

"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.**



DC Catering, Inc.

December 2023

Cold "Simple Serve" Breakfast Monthly Meal Planner

Simple Serve Bfcast	Monday	Tuesday	Wednesday	Thursday	Friday
REVISID: 1.1-15-2023					
Week 1					
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				
Week 2	4	5	6	7	8
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice 2 oz. grain or 1 oz. & 1 oz. meat/alt	Milk Assorted Fruit WG Chocolate Chip Oatmeal Bar WG Grahams	Milk Assorted Fruit WG Cereal Bar WG Grahams	Milk Assorted Fruit WG Snack'n Waffle	Milk Assorted Fruit WG Granola Bar Yogurt	Milk Assorted Fruit WG Granola Bar Yogurt
Week 3	11	12	13	14	15
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice 2 oz. grain or 1 oz. & 1 oz. meat/alt	Milk Assorted Fruit WG Fruit & Grain Bar	Milk Assorted Fruit WG Pop-Tarts	Milk Assorted Fruit WG Cereal WG Grahams	Milk Assorted Fruit WG Bagel w/ cream cheese	Milk Assorted Fruit WG Bagel w/ cream cheese
Week 4	18	19	20	21	22
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice 2 oz. grain or 1 oz. & 1 oz. meat/alt	Milk Assorted Fruit WG Ultimate Breakfast Round	Milk Assorted Fruit WG Breakfast Bun	No School	No School	No School
Week 5	25	26	27	28	29
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice 2 oz. grain or 1 oz. & 1 oz. meat/alt	Happy Holidays	No School	No School	No School	No School

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