

Name: _____

DC Catering, Inc.



February 2024

Monthly Meal Planner

REVISED:	Monday	Tuesday	Wednesday	Thursday	Friday
1-23-2024					
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			Chicken Patty w/ cheese Assorted Fruit Broccoli WG Hamburger Bun Milk	Assorted Fruit w/ cheese Assorted Fruit WG Roll
Week 2	5	6	7	8	9
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 WG Hot Dog Bun Milk	BBQ Chicken w/ cheese Assorted Fruit Sweet Potatoes WG Bun Milk	Walking Taco w/ cheese Assorted Fruit Corn/Shredded Romaine WG Chips Milk	Chicken Fingers Assorted Fruit Green Beans WG Cornbread Milk	Trkay Pot Pie Assorted Fruit Green Beans WG Cornbread Milk
Week 3	12	13	14	15	16
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	Chicken Fajita w/ cheese Assorted Fruit Beans WG Tortilla Milk	Mac-N-Cheese Assorted Fruit Garden Salad/Tomatoes WG Bread Milk	Chicken Nuggets Assorted Fruit Corn WG Grahams Milk	Assorted Fruit Assorted Fruit WG Pizza Cru
Week 4	19	20	21	22	23
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)	President's Day No School	NEW Mini Breakfast Dogs Assorted Fruit Sweet Potatoes WG Pancake Breeding Milk	Popcorn Chicken Assorted Fruit Celery/Vgtrn Baked Beans WG Bread Slice Milk	Chicken Alfredo Assorted Fruit Cooked Peas WG Roll Milk	Assorted Fruit Assorted Fruit WG Roll Milk
Week 5	26	27	28	29	
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 Corn WG Hamburger Bun Milk	Mini Corn Dogs Assorted Fruit Vgtrn Baked Beans WG Cornmeal Breeding Milk	Spaghetti w/ Meat Sauce & Cheese Assorted Fruit Garden Salad/Tomatoes WG Roll Milk	Oven Baked Cheese Panini Assorted Fruit Broccoli WG Panini Bread Slices Milk	

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

www.daycarecateringservice.com

"This institution is an equal opportunity provider."



February 2024

Cold "Simple Serve" Breakfast Monthly Meal Planner

REVISED:	Cold "Simple Serve" Breakfast Monthly Meal Planner				
1-23-2024	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				1	2
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice	Assorted Fruit can be: Dried fruit (1/4 cup = 1/2 cup eq) Fruit cup (4 oz) variety Juice box (4 oz) variety			Milk Assorted Fruit	Milk Assorted Fruit
2 oz. grain or 1 oz. & 1 oz. meat/alt	Fresh fruit variety			WG Cereal Bar WG Grahams	WG Cereal Bar WG Grahams
Week 2	5	6	7	8	9
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 Nutri-Grain Bar WG Grahams	WG Cereal WG Grahams	WG Wild Berry Bread	WG Cinnamon Roll	WG Cinnamon Roll
Week 3	12	13	14	15	16
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 Chocolate Chip Oatmeal Bar WG Grahams	WG Granola Bar Yogurt	WG Cereal Bar WG Grahams	WG Snack'n Waffle	WG Cinnamon Roll
Week 4	19	20	21	22	23
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice	No School		Milk Assorted Fruit	Milk Assorted Fruit	Milk Assorted Fruit
2 oz. grain or 1 oz. & 1 oz. meat/alt	President's Day		WG Pop-Tarts	WG Mini French Toast	WG Cereal WG Grahams
Week 5	26	27	28	29	
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice	Milk Assorted Fruit	Milk Assorted Fruit	Milk Assorted Fruit	Milk Assorted Fruit	
2 oz. grain or 1 oz. & 1 oz. meat/alt	WG Ultimate Breakfast Round	WG Cereal Bar WG Grahams	WG Breakfast Bun	WG Apple Cinnamon Texas Toast	

www.daycaecateteringservice.com

"This institution is an equal opportunity provider."

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