

DC Catering, Inc.



DC Catering, Inc.					
October 2019					
REVISIED: Monthly Meal Planner					
7-22-2019	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		1	2	3	4
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)		CN Hot Dog Mixed Fruit Baked Beans/Baby Carrots WG Hot Dog Bun Milk	CN Classic Meatloaf Berries Mashed Potatoes/Broccoli WG Bread Slice(s) Milk	WG Chicken Fingers Peaches Garden Salad/Tomatoes WG Tortilla(s) Milk	BBQ Chicken Breast w/ cheese Melon Coleslaw/Cooked Carrots WG Hamburger Bun Milk
Week 2	7	8	9	10	11
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)	CN Hamburger w/ cheese Apple Slices Sweet Potato Fries WG Hamburger Bun Milk	WG Mac-N-Cheese Berries Peas/Summer Squash WG Bread Slice(s) Milk	WG Beef Pepperoni Calzone Mixed Fruit Cucumber Slices WG Calzone Crust Milk	Chicken Fajita w/ cheese Pears Shredded Romaine/Corn/Salsa WG Tortilla(s) Milk	No School
Week 3	14	15	16	17	18
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 Mixed Fruit Carrots WG Hot Dog Bun Milk	WG Popcorn Chicken Mandarin Oranges Cooked Beans/Zucchini WG Grahams Milk	WG Chicken Alfredo Berries Broccoli/Corn WG Garlic Bread Milk	Taco w/ cheese Pineapple Shredded Lettuce/Pepper Blend WG Tortilla(s) Milk	Oven Roasted Chicken Melon Cucumber Slices WG Bread Slice(s) Milk
Week 4	21	22	23	24	25
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 WG Hamburger Bun Milk	Chicken Nuggets Berries Corn WG Mini Cornbread Loaf Milk	WG Corn Dog Grapes Cooked Beans WG Cornmeal Breading Milk	Chicken Philly Sandwich w/ cheese Mixed Fruit Pepper Blend WG Hot Dog Bun Milk	No School
Week 5	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)	Beef Hot Dog Apple Slices Cooked Beans/Baby Carrots WG Hot Dog Bun Milk	Chicken Fajita w/ cheese Mixed Fruit Corn/Shredded Romaine/Salsa WG Tortilla(s) Milk	CN Breakfast Sausage Berries Side Winder Potatoes WG Pancakes Milk	WG Mac-N-Cheese Grapes Romaine Salad/Tomatoes WG Bread Slice(s) Milk	Assorted Fruit can be: Dried fruit - raisins or craisins Fruit cup (4 oz) variety Juice box (4 oz) variety Fresh fruit variety
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