

# Denbigh Christian Academy Menu

November 13 - 17, 2017

	<b>BREAKFAST</b>	<b>AM SNACK</b>	<b>LUNCH</b>	<b>PM SNACK</b>
<b>Monday</b>	4 oz Variety of Cereal or Slice Whole Wheat Toast 6 oz. 1% Milk or 6 oz. 100% Juice	1 Whole Banana  6 oz.1% Milk	1 Slice Ham 1 Slice Cheese 2 slices Whole Wheat Bread 1/2 cup Carrot Sticks w/1 tsp dressing 1/2 cup Mandarin Oranges 6 oz.1% Milk	1/2 cup Chocolate Chip Cookies  6 oz.1% Milk
<b>Tuesday</b>	4 oz Variety of Cereal or Slice Whole Wheat Toast 6 oz. 1% Milk or 6 oz. 100% Juice	1/2 cup Pineapple Slices  6 oz.1% Milk	3 oz Fish Patty 1/2 cup Corn 1/2 cup Tropical Fruit Medley  6 oz 1% Milk	1 Graham Cracker  6 oz 1% Milk
<b>Wednesday</b>	4 oz Variety of Cereal or Slice Whole Wheat Toast 6 oz. 1% Milk or 6 oz. 100% Juice	1/2 cup Grapes  6 oz.1% Milk	3.5 oz Whole Grain Pizza 1/2 cup Salad w/1 tsp Dressing 1/2 cup Fruit Cocktail  6 oz 1% Milk	1/2 cup Cheese-it Crackers  6 oz.1% Milk
<b>Thursday</b>	4 oz Variety of Cereal or Slice Whole Wheat Toast  6 oz. 100% Juice	1/2 cup Apple Slices  6 oz 1% Milk	3 oz Corn Dogs with Whole Grain Breadding 1/2 cup French Fries 1/2 cup Pears  6 oz 1% Milk	4 Lorne Doone Cookies  6 oz.1% Milk
<b>Friday</b>	4 oz Variety of Cereal or Slice Whole Wheat Toast Whole Wheat French Toast Sticks 6 oz. 100% Juice 6 oz 1% Milk	1/2 cup Orange Slices  6 oz.1% Milk	1 Hamburger Patty 1 Whole Wheat Hamburger Bun 1/2 cup Diced Carrots 1/2 cup Peaches  6 oz 1% Milk	Yoplait Yogurt  100% Apple Juice

*Our school is an equal opportunity provider and employer*

The nutritional information available upon request