

Dallas Day School January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p>toasted oats cereal diced apricots milk (1/2 - 3/4 cup)</p> <p>chicken nuggets** black-eyed peas steamed broccoli* ketchup milk (1/2 - 3/4 cup)</p> <p>pineapple chunks milk (1/2 cup)</p>	<p style="text-align: right;">3</p> <p>whole wheat bagel/c.c. orange wedges milk (1/2 - 3/4 cup)</p> <p>burger patty diced oven potatoes corn & bean succotash wheat bun, ketchup milk (1/2 - 3/4 cup)</p> <p>grande apple milk (1/2 cup)</p>	<p style="text-align: right;">4</p> <p>whole wheat roll/ham diced pears milk (1/2 - 3/4 cup)</p> <p>whole wheat pasta and cheese sauce green peas salad mix*, light ranch milk (1/2 - 3/4 cup)</p> <p>multi-grain chip cookie milk (1/2 cup)</p>	<p style="text-align: right;">5</p> <p>apple muffin cantaloupe wedge milk (1/2 - 3/4 cup)</p> <p>steak fingers mashed potatoes green beans ketchup milk (1/2 - 3/4 cup)</p> <p>cheese stick milk (1/2 cup)</p>	<p style="text-align: right;">6</p> <p>warm biscuit & jelly fresh banana milk (1/2 - 3/4 cup)</p> <p>cheese & turkey** on whole wheat, mustard carrot sticks fresh broccoli ranch salad milk (1/2 - 3/4 cup)</p> <p>crunchy trail mix milk (1/2 cup)</p>
<p style="text-align: right;">9</p> <p>honey grahams mandarin oranges milk (1/2 - 3/4 cup)</p> <p>chicken patty** oven-baked fries california veggie medley wheat bun, ketchup milk (1/2 - 3/4 cup)</p> <p>banana yogurt pudding milk (1/2 cup)</p>	<p style="text-align: right;">10</p> <p>tortilla & margarine grande orange milk (1/2 - 3/4 cup)</p> <p>cheese taquito southwestern corn rice fried beans cucumber slices, ranch sa milk (1/2 - 3/4 cup)</p> <p>animal crackers milk (1/2 cup)</p>	<p style="text-align: right;">11</p> <p>yogurt peach muffin melon wedge milk (1/2 - 3/4 cup)</p> <p>baked chicken** and spaghetti pasta green beans salad mix*, light ranch milk (1/2 - 3/4 cup)</p> <p>pineapple tidbits milk (1/2 cup)</p>	<p style="text-align: right;">12</p> <p>raisin bagel w/ c.c. applesauce milk (1/2 - 3/4 cup)</p> <p>beef steak/gravy mashed potatoes peas & carrots* whole wheat roll milk (1/2 - 3/4 cup)</p> <p>crackers & cheese milk (1/2 cup)</p>	<p style="text-align: right;">13</p> <p>english muffin & jelly sliced apples milk (1/2 - 3/4 cup)</p> <p>turkey corny dog cowboy beans carrot sticks* ketchup milk (1/2 - 3/4 cup)</p> <p>pretzel twists milk (1/2 cup)</p>
<p style="text-align: right;">16</p> <p>cereal medley/raisins diced pears milk (1/2 - 3/4 cup)</p> <p>burger patty diced oven potatoes carrot coins* wheat bun, ketchup milk (1/2 - 3/4 cup)</p> <p>grande apple milk (1/2 cup)</p>	<p style="text-align: right;">17</p> <p>honey wheat & jelly applesauce milk (1/2 - 3/4 cup)</p> <p>chicken nuggets** mashed potatoes buttered cut corn ketchup milk (1/2 - 3/4 cup)</p> <p>fresh banana milk (1/2 cup)</p>	<p style="text-align: right;">18</p> <p>pineapple oat muffin tropical fruit mix milk (1/2 - 3/4 cup)</p> <p>taco meat/tortilla Spanish veggie rice black beans cheese, ranch salsa milk (1/2 - 3/4 cup)</p> <p>fresh melon chunks milk (1/2 cup)</p>	<p style="text-align: right;">19</p> <p>graham crackers grande orange milk (1/2 - 3/4 cup)</p> <p>whole wheat pasta and meatsauce bake green beans salad mix*, light ranch milk (1/2 - 3/4 cup)</p> <p>crunchy trail mix milk (1/2 cup)</p>	<p style="text-align: right;">20</p> <p>french toast & syrup baked apple with oats milk (1/2 - 3/4 cup)</p> <p>cheese & turkey** on whole wheat, mustard celery stick bites hawaiian potato salad milk (1/2 - 3/4 cup)</p> <p>cocoa yogurt pudding milk (1/2 cup)</p>
<p style="text-align: right;">23</p> <p>toasted oats cereal orange wedges milk (1/2 - 3/4 cup)</p> <p>sloppy joe beef fater wedge peas & carrots* wheat bun, ketchup milk (1/2 - 3/4 cup)</p> <p>mandarin oranges milk (1/2 cup)</p>	<p style="text-align: right;">24</p> <p>tortilla cheese roll-up grande apple milk (1/2 - 3/4 cup)</p> <p>baked chicken** and brown rice bake steamed broccoli* checkerboard beans milk (1/2 - 3/4 cup)</p> <p>animal crackers milk (1/2 cup)</p>	<p style="text-align: right;">25</p> <p>whole wheat roll/ham fresh banana milk (1/2 - 3/4 cup)</p> <p>meatballs/sauce green beans salad mix*, light ranch bread stick milk (1/2 - 3/4 cup)</p> <p>pineapple chunks milk (1/2 cup)</p>	<p style="text-align: right;">26</p> <p>raisin bagel/margarine cantaloupe wedge milk (1/2 - 3/4 cup)</p> <p>chicken rings** sweet potatoes* yellow wax beans ketchup milk (1/2 - 3/4 cup)</p> <p>cucumber/light ranch milk (1/2 cup)</p>	<p style="text-align: right;">27</p> <p>pancake & syrup sliced pears milk (1/2 - 3/4 cup)</p> <p>deli ham & cheese on whole wheat, mustard green pea pasta salad carrot sticks milk (1/2 - 3/4 cup)</p> <p>apple oat bar milk (1/2 cup)</p>
<p style="text-align: right;">30</p> <p>honey grahams sliced peaches milk (1/2 - 3/4 cup)</p> <p>turkey frank diced oven potatoes mixed veggies* corney bun, ketchup milk (1/2 - 3/4 cup)</p> <p>fresh celery bites/light ranch milk (1/2 cup)</p>	<p style="text-align: right;">31</p> <p>waffle & syrup grande orange milk (1/2 - 3/4 cup)</p> <p>spaghetti/meatsauce green beans salad mix*, light ranch french bread slice milk (1/2 - 3/4 cup)</p> <p>whole wheat cheese roll milk (1/2 cup)</p>			

MENU NOTES:

- * significant source of vitamin A
- ** made with white "breast" meat only
- "BAKED, never fried", fruit in natural juices

Twelve Oaks

committed
to provide
freshness,
nutrition,
and variety

Catering

www.twelveoakscatering.com



Dallas Day School

February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 english muffin/jelly applesauce milk (1/2 - 3/4 cup)	2 cereal medley/raisins mandarin oranges milk (1/2 - 3/4 cup)	3 blueberry muffin grande apple (1/2) milk (1/2 - 3/4 cup)
		fish sticks veggie rice pilaf steamed broccoli* ketchup milk (1/2 - 3/4 cup)	meatloaf/gravy mashed potatoes carrot coins* whole wheat roll milk (1/2 - 3/4 cup)	turkeyham & cheese on whole wheat, mustard cucumber slices, ranch lotsa bean salad milk (1/2 - 3/4 cup)
		vanilla yogurt pudding milk (1/2 cup)	fresh banana milk (1/2 cup)	pretzels & goldfish milk (1/2 cup)
6 toasted oats cereal diced apricots milk (1/2 - 3/4 cup)	7 whole wheat bagel/c.c. orange wedges milk (1/2 - 3/4 cup)	8 whole wheat roll/ham diced pears milk (1/2 - 3/4 cup)	9 apple muffin cantaloupe wedge milk (1/2 - 3/4 cup)	10 warm biscuit & jelly fresh banana milk (1/2 - 3/4 cup)
chicken nuggets** black-eyed peas steamed broccoli* ketchup milk (1/2 - 3/4 cup)	burger patty diced oven potatoes corn & bean succotash wheat bun, ketchup milk (1/2 - 3/4 cup)	whole wheat pasta and cheese sauce green peas salad mix*, light ranch milk (1/2 - 3/4 cup)	steak fingers mashed potatoes green beans ketchup milk (1/2 - 3/4 cup)	cheese & turkey** on whole wheat, mustard carrot sticks fresh broccoli ranch salad milk (1/2 - 3/4 cup)
pineapple chunks milk (1/2 cup)	grande apple milk (1/2 cup)	multi-grain chip cookie milk (1/2 cup)	cheese stick milk (1/2 cup)	crunchy trail mix milk (1/2 cup)
13 honey grahams mandarin oranges milk (1/2 - 3/4 cup)	14 torilla & magarine grande orange milk (1/2 - 3/4 cup)	15 yogurt peach muffin melon wedge milk (1/2 - 3/4 cup)	16 raisin bagel w/ c.c. applesauce milk (1/2 - 3/4 cup)	17 english muffin & jelly sliced apples milk (1/2 - 3/4 cup)
chicken patty** oven-baked fries california veggie medley wheat bun, ketchup milk (1/2 - 3/4 cup)	cheese taquilo southwestern corn rice refried beans cucumber slices, ranch sa milk (1/2 - 3/4 cup)	baked chicken** and spaghetti pasta green beans salad mix*, light ranch milk (1/2 - 3/4 cup)	beef steak/gravy mashed potatoes peas & carrots* whole wheat roll milk (1/2 - 3/4 cup)	turkey cony dog cowboy beans carrot sticks* ketchup milk (1/2 - 3/4 cup)
banana yogurt pudding milk (1/2 cup)	animal crackers milk (1/2 cup)	pinapple tidbits milk (1/2 cup)	crackers & cheese milk (1/2 cup)	pretzel twists milk (1/2 cup)
20 cereal medley/raisins diced pears milk (1/2 - 3/4 cup)	21 honey wheat & jelly applesauce milk (1/2 - 3/4 cup)	22 pineapple oat muffin tropical fruit mix milk (1/2 - 3/4 cup)	23 graham crackers grande orange milk (1/2 - 3/4 cup)	24 french toast & syrup baked apple with oats milk (1/2 - 3/4 cup)
burger patty diced oven potatoes carrot coins* wheat bun, ketchup milk (1/2 - 3/4 cup)	chicken nuggets** mashed potatoes buffered cut corn ketchup milk (1/2 - 3/4 cup)	taco meat/torilla Spanish veggie rice black beans cheese, ranch salsa milk (1/2 - 3/4 cup)	whole wheat pasta and meatsauce bake green beans salad mix*, light ranch milk (1/2 - 3/4 cup)	cheese & turkey** on whole wheat, mustard celery stick bites hawaiian potato salad milk (1/2 - 3/4 cup)
grande apple milk (1/2 cup)	fresh banana milk (1/2 cup)	fresh melon chunks milk (1/2 cup)	crunchy trail mix milk (1/2 cup)	cocoa yogurt pudding milk (1/2 cup)
27 toasted oats cereal orange wedges milk (1/2 - 3/4 cup)	28 tortilla cheese roll-up grande apple milk (1/2 - 3/4 cup)	29 whole wheat roll/ham fresh banana milk (1/2 - 3/4 cup)		
sloppy joe beef tater wedge peas & carrots* wheat bun, ketchup milk (1/2 - 3/4 cup)	baked chicken** and brown rice bake steamed broccoli* checkerboard beans milk (1/2 - 3/4 cup)	meatballs/sauce green beans salad mix*, light ranch bread stick milk (1/2 - 3/4 cup)		
mandarin oranges milk (1/2 cup)	animal crackers milk (1/2 cup)	pineapple chunks milk (1/2 cup)		

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TDH inspected kitchen