



# DICC Menu



# January 2022

|    | Monday  |    | Tuesday  |    | Wednesday   |    | Thursday  |   | Friday   |
|----|---|----|--|----|---|----|---|---|--|
| 3  | <u>Breakfast</u> – Cereal<br>Fruit<br><u>Lunch</u> – Pasta<br>Fruit<br>Vegetable<br><u>Snack</u> – Yogurt<br>Fruit            | 4  | <u>Breakfast</u> – Scrambled Eggs<br>Tater Tots<br><u>Lunch</u> – Quinoa<br>Fruit<br>Vegetable<br><u>Snack</u> – Rice Cakes<br>Fruit           | 5  | <u>Breakfast</u> – French Toast<br>Fruit<br><u>Lunch</u> – Chili W/ Crackers<br>Vegetable<br>Fruit<br><u>Snack</u> – Goldfish<br>Fruit    | 6  | <u>Breakfast</u> – Bagel's w/C. C.<br>Fruit<br><u>Lunch</u> – Mac & Cheese<br>Fruit<br>Vegetable<br><u>Snack</u> – Animal Crackers<br>Fruit | 7   | <u>Breakfast</u> – Muffins<br>Fruit<br><u>Lunch</u> – Soup<br>Vegetable<br>Fruit<br><u>Snack</u> – Yogurt<br>Granola           |
| 10 | <u>Breakfast</u> – Cereal<br>Fruit<br><u>Lunch</u> – Pasta<br>Fruit<br>Vegetable<br><u>Snack</u> – Yogurt<br>Fruit            | 11 | <u>Breakfast</u> – Pancakes<br>Fruit<br><u>Lunch</u> – Quesadilla<br>Fruit<br>Vegetable<br><u>Snack</u> – Graham Crackers<br>Cheeses Sticks    | 12 | <u>Breakfast</u> – Scramble Eggs<br>Vegetable<br><u>Lunch</u> – Quinoa<br>Fruit<br>Vegetable<br><u>Snack</u> – Rice Cakes<br>Fruit        | 13 | <u>Breakfast</u> – Bagel's w/C. C.<br>Fruit<br><u>Lunch</u> – Pizza<br>Fruit<br>Vegetable<br><u>Snack</u> – Animal Crackers<br>Fruit        | 14  | <u>Breakfast</u> – Muffins<br>Fruit<br><u>Lunch</u> – Curry Veggies<br>Rice<br>Fruit<br><u>Snack</u> – Yogurt<br>Fruit         |
| 17 | Martin Luther King Jr.<br>Day<br><br><b>Closed</b>  | 18 | <u>Breakfast</u> – Waffles<br>Fruit<br><u>Lunch</u> – Veggie Nuggets<br>Fruit<br>Vegetable<br><u>Snack</u> – Graham Crackers<br>Cheeses Sticks | 19 | <u>Breakfast</u> – Pancakes<br>Fruit<br><u>Lunch</u> – Grilled Cheese<br>Tomato Soup<br>Fruit<br><u>Snack</u> – Rice Cakes<br>Fruit       | 20 | <u>Breakfast</u> – Bagel's w/C. C.<br>Fruit<br><u>Lunch</u> – Bean Burrito<br>Fruit<br>Vegetable<br><u>Snack</u> – Animal Crackers<br>Fruit | 21  | <u>Breakfast</u> – Muffins<br>Fruit<br><u>Lunch</u> – Quesadilla<br>Fruit<br>Vegetable<br><u>Snack</u> – Yogurt<br>Granola     |
| 24 | <u>Breakfast</u> – Cereal<br>Fruit<br><u>Lunch</u> – Pasta<br>Fruit<br>Vegetable<br><u>Snack</u> – Yogurt<br>Fruit            | 25 | <u>Breakfast</u> – French Toast<br>Fruit<br><u>Lunch</u> – Pizza<br>Fruit<br>Vegetable<br><u>Snack</u> – Graham Crackers<br>Cheeses Sticks     | 26 | <u>Breakfast</u> – Scramble Eggs<br>Fruit<br><u>Lunch</u> – Chili W/ Crackers<br>Vegetable<br>Fruit<br><u>Snack</u> – Rice Cakes<br>Fruit | 27 | <u>Breakfast</u> – Bagel's w/C. C.<br>Fruit<br><u>Lunch</u> – Mac & Cheese<br>Fruit<br>Vegetable<br><u>Snack</u> – Animal Crackers<br>Fruit | 28  | <u>Breakfast</u> – Muffins<br>Fruit<br><u>Lunch</u> – Veggie Burgers<br>Fruit<br>Vegetable<br><u>Snack</u> – Yogurt<br>Granola |
| 31 | <del>Breakfast</del> - Cereal<br>Fruit<br><del>Lunch</del> - Pasta<br>Fruit<br>Vegetable<br><del>Snack</del> -Yogurt<br>Fruit |    |  |    |   |    | <b>Menu Subject to<br/>Change<br/>All CACFP Guidelines<br/>Followed</b>   | <b>Milk Served with<br/>Breakfast and<br/>Lunch</b> |  |