




# Let's Eat!

## Daniel Island Academy Menu

### January 13-17, 2020

A cornerstone to our program is providing proper nutrition for building healthy minds and bodies. Our chef prepares all lunches and snacks to ensure that children receive a nutritious and allergy-safe menu. This includes the serving of organic milk as a standard, fresh or frozen vegetables and whole grain products. Fruit is provided in classrooms for all snacks and during lunch.

Family-style dining is taught in the classroom to encourage cooperation and sharing at the table.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack with Juice	Cheesy Grits Casserole***	Yogurt w/ Strawberries and Blueberries	Southern Sweet Potato Bread***	Scrambled Egg Patty***	Strawberry Muffins***
Lunch Served with Organic Milk 	Oven Baked Chicken Tenders  Noodles w/ Cabbage  Steamed Squash	Tuna Casserole*  Corn on the Cob	Roast Beef w/ Mushroom & Onion Gravy  Macaroni & Cheese*  Sweet Peas	Cranberry & Turkey Meatloaf**  Honey Glazed Sweet Potatoes  Green Beans w/ Garlic Butter	Smokehouse Spaghetti  Broccoli * Cauliflower Blend
Daily Fruit Options	Apple and Oranges	Apple and Oranges	Apple and Oranges	Apple and Oranges	Apple and Oranges
PM Snack with Water	Berry Granola Bar	Nachos Supreme*	Baked Peaches	Spinach Dip w/ Pita Chips*	Apple Cinnamon Straws

Organic WHOLE milk is served to children less than 2 years of age

\*Contains milk

\*\* Contains egg

\*\*\*Contains milk and egg

