




Let's Eat!

Daniel Island Academy Menu

October 19 – 23, 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	French Toast***	Yogurt w/ Mixed Berries*	Cinnamon Swirl Bread***	Pumpkin Pie Oatmeal*	Pear Halves
Lunch Served with Organic Milk 	Lemon Baked Chicken Garlic Herbed Mashed Potatoes Succotash	Asparagus and Swiss Cheese Quiche Scandinavian Vegetable Blend	Italian Sausage Soup w/ Tortellini Brussel Sprouts	Spinach and Cheese Pizza*** Peas w/ Pearl Onions	Beef and Mushroom Stroganoff Casserole* Honey Glazed Baby Carrots
Daily Fruit Options	Apples & Oranges	Apples & Oranges	Apples & Oranges	Apples & Oranges	Apples & Oranges
PM Snack with Water	Chef's Choice	Chunky Applesauce	Pimento Cheese w/Crackers*	Homemade Granola Bar**	Apple Cinnamon Straws

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

*Contains milk

** Contains egg

***Contains milk and egg



Check out the
Fun Food Fact of the Week
on Facebook!

