




Let's Eat!

Daniel Island Academy Menu

November 18-22, 2019

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 class rooms 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	Bagel w/Cream Cheese*	Strawberry Yogurt w/ Granola*	Blueberry Banana Bread**	Berry Snack Bar*	Cinnamon Toast
Lunch Served with Organic Milk 	Spaghetti Bolognese Peas w/ Carrots	Turkey Lentil Vegetable Soup Garlic Cheddar Biscuits*	Soft Chicken Tacos Roasted Corn w/ Black Beans	Salisbury Steak* Oven Roasted Potatoes Succotash	Ravioli Lasagna*** Roasted Baby Carrots
Daily Fruit Options	Apples & Oranges	Apples & Oranges	Apples & Oranges	Apples & Oranges	Apples & Oranges
PM Snack with Water	Chef's Choice	Sliced Peaches	Pumpkin Dip w/ Graham Crackers*	Cinnamon Baked Apples	Cucumbers & Cherry Tomatoes w/ Ranch

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

*Contains milk

** Contains egg

***Contains milk and egg

