




# Let's Eat!

## Daniel Island Academy Menu

### September 21 - 25, 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	Blueberry*** Muffins	Sweet Cottage* Cheese w/Bananas	Cherry Pie*** Filling Bread	Baked Peaches w/Oatmeal Crumble	Honey Dew Smoothie*
Lunch Served with Organic Milk 	Grape Jelly Meatballs Purple Cabbage Vegetable Sauté	Mushrooms* Linguine Alfredo Roasted Cauliflower w/Parmesan Cheese*	Chicken w/Tomato Cream* Lemon and Red Onion Roasted Red Potatoes	Apricot Glazed Barbeque Pork Loin Yellow Rice w/Corn	Oven Baked Pesto Tilapia Oriental Orzo Broccoli Coleslaw
Daily Fruit Options	Apples & Oranges	Apples & Oranges	Apples & Oranges	Apples & Oranges	Apples & Oranges
PM Snack with Water	Chef's Choice	Pirate Booty Snack*	Strawberry Frozen Yogurt Bark*	Roasted Carrot "Fries"	Green Goddess Dip w/Crackers

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!

