

Monday Cereal	TACO TUESDAY Cereal	Wednesday Muffins	Thursday Muffins	Friday Muffins
4 Hot Dogs Dipper Veggies	5 Chicken Taco w/Veggie Fix'ns	6 Taqitos & Guac w/Southwest Slaw	7 Egg Fried Rice Mixed Veggies	8 Pizza Baked Goodie
11 Quesadilla Celery Salsa	12 Turkey Taco w/Veggie Fix'ns	13 Enchiladas w/Veggie	14 Beef Sliders w/Veggie dippers and tater tots	15 Pizza Baked Goodie
18 Grilled Cheese Veggie Dippers	19 Chicken Taco w/Veggie Fix'ns	20 Hot Dogs Dipper Veggies	21 Veggies w/ Ranch	22 Pizza Baked Goodie
25 Mac & Cheese Green Beans	26 Turkey Taco w/ Veggie Fix'ns	27 Spaghetti Green Salad	28 Quesadilla Broccoli	29 Pizza Baked Goodie
7/2 Burritos Veggie Dipper	7/3 Chicken Taco w/Veggie Fix'ns	7/4 Closed for 4th of July	7/5 Chicken noodle Broccoli	7/6 Pizza Baked Goodie
Graham Crackers	Gold Fish	Wheat Thins	Animal Crackers	Ritz Crackers

Eating at Dove Day School

- Morning snack is offered from 8 – 8:30
- Lunch is served 11:30-12.
- First Afternoon snack is available at 3:00 and is served with fresh fruit
- Second Afternoon snack is served at 5:00 and is just a starch
- We serve milk with morning snack and lunch each day
- We serve fresh fruit with lunch and first Afternoon snack based on season and ripening cycles
- Dietary restrictions are respected; please let your child's needs be known.

USDA Recommends: *found on choosemyplate.gov*

Fruit 1.5 – 2 cups daily	Veggie 1.5 – 2cups	Grains 5-6 ounce equivalents daily At least ½ should be whole grains	Protein 4-5 ounce equivalents daily	Dairy 2.5 – 3 cups
1/3 cup 1 whole	½ cup 1 whole	1 slice bread, 2 minim muffins, 1/2 cup cooked cereal, rice or pasta, 3/4cup dry cereal, 4-5 crackers	2-3 ounces meat or tofu, 4 tablespoons dry chia or quinoa, ½ cup cooked beans,, ½ cup cooked/soaked chia or quinoa, 1 or 2 eggs	1 cup milk 1 ounce cheese

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