

A Cycle Menu for Daycare



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	• Whole Grain Banana Muffin / • Applesauce • Milk	• Yogurt/Fruit Parfait with • Cereal / • Milk	• Banana Crunch Pop C • Graham cracker / • Milk	• Oven French Toast / • Canned fruit cocktail A, C • Milk	• High fiber cold cereal / • Seasonal melon or orange slices C • Milk
Lunch/Supper	• Macaroni (I) & Cheese with Ham / • Frozen peas A,C • Orange slices C • Milk	• Porcupine Meatball / (recommend using brown rice and lean ground beef in recipe) • Mashed potato C • Green beans • Whole wheat dinner roll / • Milk	• Corn Flake Baked Chicken Breasts / • Brown rice pilaf / • Steamed broccoli A, C • Canned peaches A • Milk	• PB (I) & J sandwich on whole wheat bread / • Low-fat mozzarella cheese stick • Sunny Carrot Salad A • Apple slices C • Milk	• Baked Beans (I) • Perfect Cornbread / • Spinach Salad I, A, C • Canned apricots A, I • Milk
Snack	• Chex Mix I • Strawberries C (fresh in season or frozen)	• Apple slices C • Perfect Peanut Butter Dip /	• Tortilla chips / • Black Bean Dip /	• Fruit (to provide ½ cup fruit) • Animal crackers I (made with enriched flour)	• Mini bagel (I) with cream cheese • 100% Juice