

Daycare Sample Menu



WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Oatmeal with Frozen Blueberries Milk	Fruit and Yogurt	<u>Carrot Apple Muffin</u> Milk	Fresh fruit Cheese Cubes Water	<u>Sunny Orange Shake</u>
Lunch	<u>Vegetable pork Stir-fry</u> Brown Rice Milk	<u>Harvest Vegetable Soup</u> ½ Ham & Cheese Sandwich Milk	<u>Cheesy Turkey Divan</u> Brown Rice Milk	<u>Baked Vegetable Frittata</u> Toast Milk	<u>Chili</u> Roll Milk
Snack	½ Apple Cheddar Quesadilla Water	Hummus Mini Pitas milk	<u>Popsifruits</u>	½ Turkey Wrap Milk	Whole Wheat Soda Crackers Cheese cubes