

# DAYCARE SAMPLE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Unsweetened Applesauce sprinkled with Cinnamon Toast water	Boiled or Scrambled Eggs Toast Milk	Banana Applesauce Muffin Canned Fruit Water	Fruit Yogurt Water	Crackers Cheese cubes Water
Lunch	Salmon or Chicken Salad in Pita Veggie Sticks Milk	Hamburger Soup Roll Milk	Quick Macaroni & Cheese Sliced Ham Cooked Vegetables	Roast Beef and cheddar sandwich Fruit Cocktail Milk	Black Bean Burrito Banana Slices Milk
Snack	Cold Cereal with Milk	Fruit Yogurt Water	Milk Hummus Mini Pitas Water	Veggie Sticks Cheese Cubes Water	Fruit Yogurt Popsicles Water