



Day Care Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Whole Grain Banana Muffin / • Applesauce • Milk 	<ul style="list-style-type: none"> • Yogurt/Fruit Parfait with • Cereal / • Milk 	<ul style="list-style-type: none"> • Banana Crunch Pop C • Graham cracker / • Milk 	<ul style="list-style-type: none"> • Oven French Toast / • Canned fruit cocktail A, C • Milk 	<ul style="list-style-type: none"> • High fiber cold cereal / • Seasonal melon or orange slices C • Milk
Lunch/Supper	<ul style="list-style-type: none"> • Macaroni (I) & Cheese with Ham / • Frozen peas A, C • Orange slices C • Milk 	<ul style="list-style-type: none"> • Porcupine Meatball / (recommend using brown rice and lean ground beef in recipe) • Mashed potato C • Green beans • Whole wheat dinner roll / • Milk 	<ul style="list-style-type: none"> • Corn Flake Baked Chicken Breasts / • Brown rice pilaf / • Steamed broccoli A, C • Canned peaches A • Milk 	<ul style="list-style-type: none"> • PB (I) & J sandwich on whole wheat bread / • Low-fat mozzarella cheese stick • Sunny Carrot Salad A • Apple slices C • Milk 	<ul style="list-style-type: none"> • Baked Beans (I) • Perfect Cornbread / • Spinach Salad I, A, C • Canned apricots A, I • Milk
Snack	<ul style="list-style-type: none"> • Chex Mix I • Strawberries C (fresh in season or frozen) 	<ul style="list-style-type: none"> • Apple slices C • Perfect Peanut Butter Dip / 	<ul style="list-style-type: none"> • Tortilla chips / • Black Bean Dip / 	<ul style="list-style-type: none"> • Fruit (to provide ½ cup fruit) • Animal crackers / (made with enriched flour) 	<ul style="list-style-type: none"> • Mini bagel (I) with cream cheese • 100% Juice