

Daycare Sample Menu

WEEK _	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	<u>Pumpkin Muffin</u> Milk	Toast Milk	Fruit Smoothie	Oatmeal with raisins Milk	Unsweetened Applesauce topped with Nut-Free Granola Water
Lunch	<u>Chicken Fajita Roll Ups</u> Canned fruit Milk	<u>Sloppy Joes</u> Garden Salad Milk	<u>Hawaiian English Muffin Pizza</u> Milk	<u>Tuna Melts</u> Veggie Sticks Milk	<u>French Toast topped with berries</u> Milk
Snack	½ Roast Beef Sandwich Water	Nut-free Granola Yogurt Water	<u>Bean Dip</u> Mini Pitas Water	Apple Slices Cheese Cubes	Cold Cereal with Milk

Notes:

Veggie sticks and salad may be replaced with soft cooked vegetables or soft fruit for younger children

Fruit may be fresh, frozen or canned

Choose whole wheat or whole grain bread products whenever possible