

# SAMPLE DAYCARE FOOD MENU

<b>MealPattern</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Mid-Morning Snack</b>	Waffles AppleSlices	Cereal Milk andBananas	AppleSauce GrahamCrackers	Muffins MilkandApple slices	Yogurt FreshFruit
<b>Lunch</b>	TunaMelts&Fr esh Vegetables	BBQMeatballs MashedPotatoes Beans	ChickenRanch WrapsandCorn	LoadedPotatoSoup CheeseBiscuit FreshVegetables	PepperoniPizza CaesarSalad
<b>Meator Alternative</b>	Tuna	GroundBeef	Chicken	Turkey	Pepperoni
<b>GrainProducts</b>	Pita	WholeWheat Bread	Tortilla	Homemade Biscuits	Pita
<b>Vegetable</b>	Celery,tomatoes, Carrots,Cucumbers	Potatoes GreenBeans	RomaineLettuce Corn	Carrot,cucumber, tomatoes	RomaineLettuce
<b>MilkProduct</b>	Milk Cheese	Milk Cheese	Milk CheddarCheese	Milk Cheese	Milk Cheese
<b>Fruit</b>	FreshFruit	FreshFruit	FreshFruit	FreshorCanned Fruit	FreshorCanned Fruit
<b>Mid-Afternoon Snack</b>	TeddyGrahams &Oranges	Cheese RitzCrackers Grapes	BananaBread Juice andsliced cucumbers	TurkeyCream CheeseWraps Fruit	Homemade Cookies Milk andBerries