

## Daycare Sample Menu

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snack</b>	Unsweetened Applesauce sprinkled with Cinnamon Toast water	Boiled or Scrambled Eggs Toast Milk	<u>Banana Applesauce Muffin</u> Canned Fruit Water	Fruit Yogurt Water	Crackers Cheese cubes Water
<b>Lunch</b>	Salmon or Chicken Salad in a Pita Veggie Sticks Milk	<u>Hamburger Soup</u> Roll Milk	<u>Quick Macaroni &amp; Cheese</u> Sliced Ham Cooked Vegetables Milk	Roast Beef and cheddar sandwich Fruit Cocktail Milk	<u>Black Bean Burrito</u> Banana Slices Milk
<b>Snack</b>	Cold Cereal with Milk	Fruit Yogurt Water	Hummus Mini Pitas Water	Veggie Sticks Cheese Cubes Water	<u>Fruit Yogurt Popsicles</u> Water

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snack</b>	Toasted English Muffin Milk	Fresh Fruit Cheese Water	<u>Apple Raisin Square</u> Milk	<u>Banana Berry Shake</u>	Canned Fruit Yogurt Water
<b>Lunch</b>	<u>Orange Chicken</u> Green Beans Brown Rice Milk	<u>Spaghetti &amp; Meat Sauce</u> Milk	<u>Shepherd's Pie</u> roll Milk	<u>Tuna Noodle Casserole</u> Mixed Vegetables Milk	<u>Lentil Soup</u> Roll Milk
<b>Snack</b>	Whole wheat soda crackers Cheese cubes Water	½ Egg Salad Sandwich Milk	Fruit Yogurt Water	Banana Date Muffin Fruit Water	Cold Cereal with Milk