

DAYCARE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Breakfast	Fat-free milk Pancakes Mixed berries	Fat-free milk Scrambled eggs + cheese Raspberries	Fat-free milk Oatmeals Diced apple	Fat-free milk Cream of Wheat Banana
Snack	Carrot sticks Hummus Water	Cauliflower florets Cottage cheese ranch dip Water	Pretzel rods Cheddar cheese cubes Water	Pineapple cubes Yogurt Water
Lunch/ Supper	Fat-free milk Roast beef Barley casserole Butternut squash Fresh pear slices	Fat-free milk Cod fillet Brown rice Garden salad Cantaloupe	Fat-free milk Baked haddock Whole-wheat noddles Steamed broccoli Carrot-raisin salad	Fat-free milk Egg salad on whole-grain wrap Tomato cucumber salad Diced mango

	FRIDAY	SATURDAY	SUNDAY
Breakfast	Fat-free milk Waffles Peaches	Fat-free milk Bean burrito Applesauce	Fat-free milk Whole-wheat bagel Egg omelet Blueberries
Snack	Strawberries Vanilla yogurt Water	Cucumber slices Whole-grain crackers Water	Apple slices Peanut butter Water
Lunch/ Supper	Fat-free milk Roast pork Corn bread Roasted red potatoes Collard green or spinach	Fat-free milk Tofu bean chili Whole-corn tortilla Sautéed carrots	Fat-free milk Chicken breast Whole-wheat roll Mashed potatoes Cherries

