



Daycare Sample Menu

Meal Pattern	Snack	Lunch	Snack
Monday	Oatmeal with Berries Milk	Vegetables Brown Rice	1/2 Apple Quesadilla Water
Tuesday	Fruit Yogurt	Harvest Vegetable Soup 1/2 Ham Sandwich Milk	Hummus Mini Pitas Milk
Wednesday	Carrot Apple Muffin Milk	Cheesy Turkey Divan Brown Rice Milk	Popsifruits
Thursday	Fresh Fruit Cheese Cubes Water	Baked Vegetable Frittata Toast Milk	1/2 Turkey Wrap Milk
Friday	Sunny Orange Shake	Chili Roll Milk	Whole Wheat Crackers Cheese Cubes