

A CYCLE MENU FOR DAYCARE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> • Whole Grain Banana Muffin <i>I</i> • Applesauce • Milk 	<ul style="list-style-type: none"> • Yogurt/Fruit Parfait with • Cereal <i>I</i> • Milk 	<ul style="list-style-type: none"> • Banana Crunch Pop <i>C</i> • Graham cracker <i>I</i> • Milk 	<ul style="list-style-type: none"> • Oven French Toast <i>I</i> • Canned fruit cocktail <i>A, C</i> • Milk 	<ul style="list-style-type: none"> • High fiber cold cereal <i>I</i> • Seasonal melon or orange slices <i>C</i> • Milk
LUNCH	<ul style="list-style-type: none"> • Macaroni (<i>I</i>) & Cheese with Ham <i>I</i> • Frozen peas <i>A, C</i> • Orange slices <i>C</i> • Milk 	<ul style="list-style-type: none"> • Porcupine Meatball <i>I</i> (recommend using brown rice and lean ground beef in recipe) • Mashed potato <i>C</i> • Green beans • Whole wheat dinner roll <i>I</i> • Milk 	<ul style="list-style-type: none"> • Corn Flake Baked Chicken Breasts <i>I</i> • Brown rice pilaf <i>I</i> • Steamed broccoli <i>A, C</i> • Canned peaches <i>A</i> • Milk 	<ul style="list-style-type: none"> • PB (<i>I</i>) & J sandwich on whole wheat bread <i>I</i> • Low-fat mozzarella cheese stick • Sunny Carrot Salad <i>A</i> • Apple slices <i>C</i> • Milk 	<ul style="list-style-type: none"> • Baked Beans (<i>I</i>) • Perfect Cornbread <i>I</i> • Spinach Salad <i>I, A, C</i> • Canned apricots <i>A, I</i> • Milk
SNACK	<ul style="list-style-type: none"> • Chex Mix <i>I</i> • Strawberries <i>C</i> (fresh in season or frozen) 	<ul style="list-style-type: none"> • Apple slices <i>C</i> • Perfect Peanut Butter Dip <i>I</i> 	<ul style="list-style-type: none"> • Tortilla chips <i>I</i> • Black Bean Dip <i>I</i> 	<ul style="list-style-type: none"> • Fruit (to provide ½ cup fruit) • Animal crackers <i>I</i> (made with enriched flour) 	<ul style="list-style-type: none"> • Mini bagel (<i>I</i>) with cream cheese • 100% Juice