



FAMILY DAYCARE

FOOD MENU

Breakfast, Lunch, AM & PM Snack
(3 week rotating menu)

(HM = "Home Made") (SF = "Sugar Free")
(WW = "Whole Wheat") (WG = "Whole Grain")

W E E K 1	Month:	Monday	Tuesday	Wednesday	Thursday	Friday
	BREAKFAST	Maple Syrup Day HM French Toast SF Applesauce Pure Maple Syrup Low-Fat Milk	Cereal Day Multi Grain Cheerios Blueberries Low-Fat Milk	Egg & Toast Day Egg & Cheese Omelette WW Toast Mandarin Oranges Low-Fat Milk	Muffin Day HM / SF Banana Muffin Sliced Pears Low-Fat Milk	Bagel Day WW Mini Bagel Sliced Peaches Low-Fat Milk
	AM Snack	Cin. Raisin Toast Low-Fat Milk	Orange Slices Animal Crackers	Wheat Thins Hummus	WW Gold Fish Blueberry Yogurt	Bagel Chips Salsa
	Lunch	Sandwich Day HM Chicken Salad WW Bread Cucumber Slices Sliced Pairs Low-Fat Milk	Taco Tuesday <u>Chicken Quesadillas</u> WW Tortilla, Cheese, Salsa Sliced Strawberries Low-Fat Milk	Meat & Potato Day Chicken Mashed Potatoes Applesauce Baby Carrots Low-Fat Milk	Pasta Day <u>HM American Chop</u> Suey Green Pepper, Hamburg, WW Pasta Sliced Peaches Low-Fat Milk	Family Favorites <u>Turkey Club</u> WW Bread, Lettuce, Tomato Mandarin Oranges Low-Fat Milk
	PM Snack	Avacado Spread Bread Sticks	Hummus & WW Pita Bread	Apple Slices Vanilla Yogurt	WW Crackers String Cheese	Watermelon Soft Pretzels
W E E K 2	Month:	Monday	Tuesday	Wednesday	Thursday	Friday
	BREAKFAST	Maple Syrup Day HM/WW Pancakes SF Applesauce Pure Maple Syrup Low-Fat Milk	Cereal Day Rice Chex Sliced Banana Low-Fat Milk	Egg & Toast Day Scrambled Egg Raisin Toast Mandarin Oranges Low-Fat Milk	Muffin Day HM / SF Blueberry Muffin Sliced Pears Low-Fat Milk	Bagel Day Raisin Mini Bagel Sliced Peaches Low-Fat Milk
	AM Snack	Cin. Raisin Toast Low-Fat Milk	Orange Slices Animal Crackers	Wheat Thins Hummus	WW Gold Fish Blueberry Yogurt	Bagel Chips Salsa
	Lunch	Sandwich Day Grilled Cheese WW Bread Tomato Slices Pineapple Low-Fat Milk	Taco Tuesday <u>Burritos</u> : Cheese, WW Tortilla & WG Rice, Chicken, Lett. Tomato, & Oranges Low-Fat Milk	Meat & Potato Day HM Meat Loaf Mashed Potatoes Green Beans Sliced Pears Low-Fat Milk	Pasta Day <u>HM Mac & Cheese</u> WW Pasta, Peas Sliced Apple Low-Fat Milk	Family Favorites <u>HM Pizza</u> : WW English Muffin, Cheese, Sauce, Peppers, Pineapple Low-Fat Milk
	PM Snack	Avacado Spread Bread Sticks	Hummus & WW Pita Bread	Apple Slices Vanilla Yogurt	WW Crackers String Cheese	Watermelon Soft Pretzels
W E E K 3	Month:	Monday	Tuesday	Wednesday	Thursday	Friday
	BREAKFAST	Maple Syrup Day Oatmeal Strawberries Pure Maple Syrup Low-Fat Milk	Cereal Day Kix Blueberries Low-Fat Milk	Egg & Toast Day Fried Egg WW English Muffin Sliced Apples Low-Fat Milk	Muffin Day Corn Muffin SF Applesauce Low-Fat Milk	Bagel Day Blueberry Bagel Sliced Peaches Low-Fat Milk
	AM Snack	Cin. Raisin Toast Low-Fat Milk	Orange Slices Animal Crackers	Wheat Thins Hummus	WW Gold Fish Blueberry Yogurt	Bagel Chips Salsa
	Lunch	Sandwich Day HM Egg Salad WW Bread Cucumber Slices Sliced Pears Low-Fat Milk	Taco Tuesday <u>Soft Taccos</u> WW Tortilla, Cheese, Hamburg, Lettuce, Tomato, Sour Cream, & Pineapple	Meat & Potato Day <u>Shepherd's Pie</u> Mashed Potatoes Corn, Hamburg & Strawberries Low-Fat Milk	Pasta Day WW Baked Ziti, Cheese, Sliced Green Peppers, Sliced Banana Low-Fat Milk	Family Favorites Chicken, Broccoli, Cheese, & WG Rice Sliced Peaches Low-Fat Milk
	PM Snack	Avacado Spread Bread Sticks	Hummus & WW Pita Bread	Apple Slices Vanilla Yogurt	WW Crackers String Cheese	Watermelon Soft Pretzels