



WEEKLY CHILDCARE SAMPLE MENU

All menus include choice of milk for breakfast and lunch

MONDAY

Breakfast

Muffin
Applesauce

Lunch

Turkey & Cheese Sub
Calico Beans
Coleslaw
Sliced Peaches

Snack

Teddy Grahams

TUESDAY

Breakfast

French Toast Sticks
Orange Wedges

Lunch

Mac & Cheese (V)
Lemon Steamed Broccoli
Fresh Apple

Snack

Apple Nut Bar

WEDNESDAY

Breakfast

Chex Cereal
Banana

Lunch

Popcorn Chicken
Mashed Potatoes
Baby Carrots
Strawberry Applesauce

Snack

Sausage & Crackers

THURSDAY

Breakfast

Cheese Omelet
Sliced Pears

Lunch

Swedish Meatballs
Noodles
Capri Vegetables
Sliced Peaches

Snack

Fruit Salad

FRIDAY

Breakfast

Maple Blueberry Overnight Oats
Apricot Halves

Lunch

Chicken Potstickers
Brown Rice
Stir-Fry Vegetables
Orange Wedges

Snack

Cookie