

MENU #1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8-9 am	<ul style="list-style-type: none"> • Cinnamon Toast • Apples • Water 	<ul style="list-style-type: none"> • Yogurt • Mixed Berries • Water 	<ul style="list-style-type: none"> • Mini Pancakes with Syrup • Fresh Fruit • Water 	<ul style="list-style-type: none"> • Scrambled Eggs • Hashbrowns • Water 	<ul style="list-style-type: none"> • Bagels with Cream Cheese • Honeydew • Water
Lunch 11:00 am	<ul style="list-style-type: none"> • Spaghetti & Meat Sauce • Ceasar Salad with Garlic Croutons • Milk 	<ul style="list-style-type: none"> • Chickpea Curry • Ceasar Salad • Steamed Rice • Milk 	<ul style="list-style-type: none"> • Homemade Chicken Noodle Soup • Whole Grain Buns • Baby Carrots • Milk 	<ul style="list-style-type: none"> • Chicken & Cheese Sliders • Cucumbers • Milk 	<ul style="list-style-type: none"> • Cheddar Cheese Perogies • Mixed Vegetables • Sour Cream • Milk
Afternoon Snack 3:00 pm	<ul style="list-style-type: none"> • Cheese Sticks • Dried Cranberries • Whole Wheat Crackers • Water <p>Cranberries will be replaced with Raisins for Infants.</p>	<ul style="list-style-type: none"> • Homemade Pita Chips • Homemade Salsa • Seasonal Fruit • Water 	<ul style="list-style-type: none"> • Fruit Yogurt • Bananas/ Seasonal Fruit • Water 	<ul style="list-style-type: none"> • Homemade Hummus Veggies • Vegetable Thins • Crackers • Water 	<ul style="list-style-type: none"> • Rice Cakes • Cream Cheese • Cucumber Slices • Water

1. Baby Room is served homogenized milk.
2. Any hard food items will be softened for infants.
3. Whole wheat and whole grain bread and buns are always used.
4. **If your child has any food restrictions, please bring your own food.**
5. Water is always available to children.

MENU #2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8-9 am	<ul style="list-style-type: none"> • Raisin Bran Cereal • Bananas • Milk 	<ul style="list-style-type: none"> • Waffles with Syrup • Fresh Fruit/ Seasonal Fruit • Milk 	<ul style="list-style-type: none"> • Whole Wheat Toast with Butter • Omelette • Water 	<ul style="list-style-type: none"> • Wholegrain Cereal (Shreddies) • Fresh Fruit • Milk 	<ul style="list-style-type: none"> • Fruit Yogurt with Granola • Bananas/ Seasonal Fruit • Water
Lunch 11:00 am	<ul style="list-style-type: none"> • Chicken Curry • Boiled Rice • Steamed Broccoli • Milk 	<ul style="list-style-type: none"> • Homemade Macaroni & Cheese • Fruit & Veggie Salad • Milk 	<ul style="list-style-type: none"> • Meatballs & Spaghetti with Italian Spaghetti Sauce • Mashed Potatoes • Milk 	<ul style="list-style-type: none"> • Fried Rice with Chicken and Mixed Vegetables • Cucumbers • Milk 	<ul style="list-style-type: none"> • Homemade Ground Turkey Chilli with Red Kidney Beans • Whole Grain Buttered Buns • Milk
Afternoon Snack 3:00 pm	<ul style="list-style-type: none"> • Homemade Trail Mixed • Fresh Fruit • Water 	<ul style="list-style-type: none"> • Whole Grain Crackers • Carrot Sticks • Caesar Dip • Water 	<ul style="list-style-type: none"> • Homemade Pita Chips • Homemade Salsa • Seasonal Fruit • Water 	<ul style="list-style-type: none"> • Graham Crackers • Mini Chocolate Chips • Apple slices • Water 	<ul style="list-style-type: none"> • Multi Grain Baked Crackers • Cucumber Sticks • Water

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MENU #3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8-9 am	<ul style="list-style-type: none"> • Rolled Oats Porridge with Milk • Fresh Fruit • Water 	<ul style="list-style-type: none"> • Blueberry Muffins • Seasonal Fruit • Water 	<ul style="list-style-type: none"> • Whole Wheat Bagel with Cream Cheese • Fresh Fruit • Water 	<ul style="list-style-type: none"> • Whole Grain Cinnamon Toast Crunch Cereal • Fresh Fruit • Milk 	<ul style="list-style-type: none"> • Buttered Croissants with Cream Cheese • Fresh Fruit • Water
Lunch 11:00 am	<ul style="list-style-type: none"> • Homemade Tomato Soup • Whole Wheat Grilled Cheese & Chicken Sandwich • Milk 	<ul style="list-style-type: none"> • Fish Curry • Steamed Rice • Chickpea & Veggie Salad • Milk 	<ul style="list-style-type: none"> • Beef Quesadilla • Mixed Veggies • Milk 	<ul style="list-style-type: none"> • Lentil & Carrot Soup • Steamed Yellow Rice • Caesar Salad/ Softened Carrots for Babies • Milk 	<ul style="list-style-type: none"> • Rice Noodles Stir Fry with Chicken and Vegetables • Steamed Peas • Milk
Afternoon Snack 3:00 pm	<ul style="list-style-type: none"> • Fruit Yogurt • Seasonal Fruit • Water 	<ul style="list-style-type: none"> • Whole Wheat Ritz Crackers • Fresh Watermelon • Water 	<ul style="list-style-type: none"> • Cheese Sticks • Pretzels • Fresh Fruit • Water 	<ul style="list-style-type: none"> • Blueberry Muffins • Fresh Fruit • Water 	<ul style="list-style-type: none"> • Rice Crackers • Carrots • Ranch Dressing • Water

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MENU #4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8-9 am	<ul style="list-style-type: none"> Wholegrain Cereal (Shreddies) Bananas Milk 	<ul style="list-style-type: none"> Boiled Eggs Fresh fruit Water 	<ul style="list-style-type: none"> Yogurt with Granola Mixed Berries Water 	<ul style="list-style-type: none"> Raisin Bran Cereal Fresh fruit/ Seasonal Fruit Milk 	<ul style="list-style-type: none"> Cinnamon Toast Apples Water
Lunch 11:00 am	<ul style="list-style-type: none"> Homemade Pumpkin Soup Whole Wheat Dinner Rolls Baked Sweet Potato Fries Milk 	<ul style="list-style-type: none"> Meatballs & Spaghetti with Italian Spaghetti Sauce Mashed Potatoes Milk 	<ul style="list-style-type: none"> Pancit (Chicken, Noodles, Veggies stir-fried) Multi Grain Buns Milk 	<ul style="list-style-type: none"> Pancakes with Syrup Scrambled Eggs Fresh Fruit Milk 	<ul style="list-style-type: none"> Chicken Curry Steamed Rice Steamed Broccoli Milk
Afternoon Snack 3:00 pm	<ul style="list-style-type: none"> Munchies (Mixed Cheetos, Pretzels, Whole Grain Sun chips and Doritos) Fresh fruits Water 	<ul style="list-style-type: none"> Whole Grain Carrot Muffins Fresh Fruit Water 	<ul style="list-style-type: none"> Rice Cakes Cream Cheese Cucumber Slices Water 	<ul style="list-style-type: none"> Homemade Trail Mix (Whole Grain Cereal, Raisins, Goldfish, semi-sweet chocolate chips) Fresh Fruit Water 	<ul style="list-style-type: none"> Graham Crackers Bananas Water

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