

| Week #1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|---|--|--|--|---|
| AM Snack | Cereal with Milk | Waffles and Applesauce | Homemade Muffins | Hard Boiled Egg Slices on Toast | Raisin Toast |
| Lunch | Pasta with Sauce Garlic Bread Ceasar Salad Apple Crisp | Baked Ham Baked Beans Cucumber Slices Fresh Fruit | Vegetarian Lasagna Texan Toast Carrots/Celery Oranges | Tuna Melts W.W. Buns Veggies with Dip Peaches | Ham and Vegetable Quiche Tossed Salad Fruit/Dip |
| Kinder and Preschool PM Snack | Arrowroot Cookies Apple Slices | Rice Cakes Cheese Strings Fresh Fruit | Granola Bars Fresh Fruit | Crackers with White Bean Dip Fresh Fruit | Homemade Date Squares Fresh Fruit |
| SchoolAge PM Snack | Arrowroot Cookies Apples | Rice Cakes Cheese Strings Fresh Fruit | Melba Toast Honey and Fresh Fruit | Yogurt and Graham Crackers Fresh Fruit | Crackers with Cream Cheese Raisins |

2% whole milk is served with lunch

Fresh Fruit is served with most afternoon snacks.

Water is served with every meal or snack. We do not serve juice to children.

| Week #2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|--|---|---|---|--|
| AM Snack | Hot Oatmeal | Dry Cereal Mix Fresh Fruit | Bagels and Jam Bananas | French Toast Applesauce | Graham Crackers With Honey Banana Slices |
| Lunch | English Muffins With Eggs, Ham & Cheese Hash Browns Cucumbers Applesauce | Meat & Cheese Quesadilla Three Bean Pasta Salad Oranges | Lentil Soup Garlic Croissants Apples and Yogurt | Baked Fish Veggie Rice Cooked Vegetables Fruitsicles | Chicken Noodle Casserole W/W Buns Peas & Carrots Grapes |
| Kinder and Preschool PM Snack | Zucchini/Banana Loaf Apple Slices | Cheese and Crackers Fresh Fruit | Pumpkin Cake Fresh Fruit | Ginger Carrot Dip with Bread Sticks Fresh Fruit | Bits and Bites Fresh Fruit |
| SchoolAge PM Snack | Bagels With Jam Fresh Fruit | Mini Muffins Fruit Slices | Nachos and Salsa Fresh Fruit | Pretzels and Hummus Fresh Fruit | Bits and Bites Fresh Fruit |

Children with food restrictions or food allergens are offered a different option, as pre-approved by the child's parent/guardian. The option can either be supplied by the daycare or the child's parent/guardian.

| Week #3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|---|---|---|--|---|
| AM Snack | Hot Cross Buns | Breakfast Pitas | Waffles Applesauce | Banana Rollups | Cereal with Milk |
| Lunch | Grilled Cheese W/W Bread Tomato Soup Pineapple Pieces | Tuna Casserole W/W Buns Spinach Salad Apples & Yogurt | Chicken and Sweet Potato Pizza Caesar Salad Fruit Cocktail | Sloppy Joe's W/W Buns Carrot and Celery Sticks Fig Newtons | Chicken and Rice Casserole W/W Bread Cooked Vegetables Bananas |
| Kinder and Preschool PM Snack | Animal Cookies and Raisins | Crackers and Cheese Spread Fresh Fruit | Hummus and Bread Sticks Fresh Fruit | Croissants and Jam Fresh Fruit | Cheese Cubes and Crackers Fresh Fruit |
| SchoolAge PM Snack | Crackers and Jam Fresh Fruit | Granola Bars Fresh Fruit | Fish Crackers Carrot Sticks | Cheese, Meat and Crackers Fresh Fruit | Hummus Melba Toast Fresh Fruit |

All children are encouraged to serve themselves. It starts in our Toddler program, and as children's skills develop, they take on the full responsibility of meal and snack serving.

Encouraging these self-help skills promote children's interest in trying new foods, controlling their portions, and developing healthy eating habits.

| Week #4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|--|---|---|---|---|
| AM Snack | English Muffins With Cinnamon Butter | Homemade Pumpkin Muffins | Yogurt and Fresh Fruit | Graham Crackers with Banana Slices & Honey | Hard Boiled Eggs on Toast |
| Lunch | Framed Eggs Texas Toast Hash Browns Berry Crisp | ChickenCasserole with Dressing W/W Bread Mashed Turnip And Carrots Fresh Fruit slices | Assorted Sandwiches Homemade Potato and Leek Soup Oranges | Dill Seasoned Fish Fillets Mashed Potatoes Cooked Corn Fresh Fruit | Homemade Lasagna Garlic Bread Carrot and Celery Sticks Fruit and Dip |
| Kinder and Preschool PM Snack | Rice Cakes Cheese Strings Fresh Fruit | Fish Crackers Carrots | Teddy Grahams Raisins | Bread Sticks Tzatziki Dip Fresh Fruit | Cheese Cubes Crackers Fresh Fruit |
| SchoolAge PM Snack | Rice Cakes Cheese Strings Fresh Fruit | Arrowroot Cookies Apples | Seasoned Popcorn Fresh Fruit | Granola Bars Fresh Fruit | Cheese, Meat and Crackers Fresh Fruit |

Menu planning is frequently being monitored and changed due to the dietary needs of the children in our care. These menus represent an example of foods being served.