Children’s Center Day Care

Menu for the Week of

August 1-5, 2022

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| SPRING/SUMMERWEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST9:30-10:00 | Crisp Rice CerealDiced PearsMilk\* | Soy Butter Quesadillason Flour TortillasBananasMilk\* | English MuffinsApplesMilk\* | Life Cereal†Diced PeachesMilk\* | Honey Bunches of Oats†Pears, Apples or PeachesMilk\* |
| LUNCH11:30-12:00 | Chicken TendersGreen BeansWhole Wheat Bread†StrawberriesMilk\* | Macaroni and Cheese with Turkey SausageMixed VegetablesTriscuit Thin Crisps†GrapesMilk\* | Sloppy Joes on aWhole Wheat Bun†CarrotsRoasted PotatoesFresh PeachesMilk\* | Chicken and Cheese Burritos on Flour TortillasCornTaco ChipsPineapple TidbitsMilk\* | Turkey Dog Pasta SaladCucumber SlicesWheat Thins†PlumsMilk\* |
| SNACKvaries by classserved between 2:45 and 3:45 | Whole GrainGoldfish Crackers†Orange SlicesWater | Whole Grain Fig Newtons†Milk\* | Baked Oyster Crackers with Ranch SeasoningGrape Juice | Whole Wheat RitzStrawberry Cream CheeseApple Juice | Scooby Snacks†Grape or Apple Juice |

\* Children under 2 years of age will be served whole milk. Children over 2 years of age will be served 1% or skim milk. All milk served is unflavored.

† Denotes a whole grain or whole grain rich food.

Children’s Center takes part in the Child and Adult Care Food Program through the U.S. Department of Agriculture. We are an equal opportunity provider.

Children’s Center Day Care

Menu for the Week of

August 8-12, 2022

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| SPRING/SUMMERWEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST9:30-10:00 | Toasted Oats Cereal†Diced PearsMilk\* | Corn Chex Cereal†BananasMilk\* | Baked French ToastDiced PeachesMilk\* | Cinnamon BreadApplesauceMilk\* | Corn Flakes Cereal†Pears, Peaches or ApplesMilk\* |
| LUNCH11:30-12:00 | Turkey and Cheese on a Flour Tortilla with Vegetable Cream CheeseCucumber SlicesTriscuit Thin Crisps†GrapesMilk\* | Cheesy Breadsticks with Marinara SauceGreen BeansFresh PearsMilk\* | Roasted Turkey SausageRoasted Red PotatoesCornWhole Wheat Bread†HoneydewMilk\* | Chicken Salad Sandwiches on Whole Wheat Bread†Carrot Sticks‡Corn ChipsApplesMilk\* | Tuna Pasta SaladMixed VegetablesWheat Thins†OrangesMilk\* |
| SNACKvaries by classserved between 2:45 and 3:45 | Wheat Thins† with Soy ButterBananasMilk\* | Whole Wheat Ritz†Cheese CubesOrange Juice | Strawberry Banana Yogurt PopsiclesGoldfish Grahams†Water | Kix and Pretzel Snack Mix†Grape Juice | Whole GrainGoldfish Crackers†Orange or Grape Juice |

\* Children under 2 years of age will be served whole milk. Children over 2 years of age will be served 1% or skim milk. All milk served is unflavored.

† Denotes a whole grain or whole grain rich food.

‡ Children under the age of 2 years will not be served raw carrots. Cooked carrots will be offered instead.

Children’s Center takes part in the Child and Adult Care Food Program through the U.S. Department of Agriculture. We are an equal opportunity provider.

Children’s Center Day Care

Menu for the Week of

August 15-19, 2022

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| SPRING/SUMMERWEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST9:30-10:00 | Crisp Rice CerealDiced PeachesMilk\* | Kix Cereal†BananasMilk\* | Baked Triscuits†with CheeseApplesauceMilk\* | Crispix CerealDiced PearsMilk\* | Toasted Wheat Bagels†Peaches, Pears or ApplesMilk\* |
| LUNCH11:30-12:00 | Tomato SoupCheese Sandwiches on Whole Wheat Bread†Carrot Sticks‡HoneydewMilk\* | Taco Mac and Cheese with Ground TurkeyCornWhole Wheat Bread†ApplesMilk\* | Turkey Dogs on aWhole Wheat Bun†Green BeansTater TotsGrapesMilk\* | Chicken and Cheese Pasta Salad with BaconWheat Thins†PeasOrangesMilk\* | Bean and Cheese Burritos on a Flour TortillaMixed VegetablesTortilla ChipsPlumsMilk\* |
| SNACKvaries by classserved between 2:45 and 3:45 | Chex Mix†Apple Juice | Scooby Snacks†Grape Juice | Fresh Fruit SaladToasteds Buttercrisp CrackersWater | Cucumber and Cream Cheese on White BreadPineapple Juice | Cheez-itsApple or Grape Juice |

\* Children under 2 years of age will be served whole milk. Children over 2 years of age will be served 1% or skim milk. All milk served is unflavored.

† Denotes a whole grain or whole grain rich food.

‡ Children under the age of 2 years will not be served raw carrots. Cooked carrots will be offered instead.

Children’s Center takes part in the Child and Adult Care Food Program through the U.S. Department of Agriculture. We are an equal opportunity provider.

Children’s Center Day Care

Menu for the Week of

August 22-26, 2022

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| SPRING/SUMMERWEEK 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST9:30-10:00 | Corn Flakes Cereal†Diced PearsMilk\* | Frosted Mini Wheats Cereal†BananasMilk\* | Oatmeal†Diced PeachesMilk\* | Toasted Oat Cereal†ApplesMilk\* | English MuffinsPears, Peaches or ApplesMilk\* |
| LUNCH11:30-12:00 | Tuna Boats (BakedTuna Salad and Cheese on a Hot Dog Bun)PeasCheez-ItsOrangesMilk\* | Spaghetti with Meat SauceGreen BeansWhole Wheat Bread†HoneydewMilk\* | Chicken Macaroni SaladCarrot Sticks‡Corn ChipsPlumsMilk\* | Chicken Curry CasseroleWhite RiceCarrotsPita CrackersGrapesMilk\* | Turkey Dogs on a Cheesy Flour TortillaMixed VegetablesWheat Thins†Fresh PeachesMilk\* |
| SNACKvaries by classserved between 2:45 and 3:45 | BananasAnimal CrackersWater | Club CrackersOnion Chive Cream CheeseApple Juice | Whole Grain Goldfish Crackers†Cheese CubesPineapple Juice  | Melon SaladWaffle PretzelsWater | Whole Grain Fig Newtons†Milk\* |

\* Children under 2 years of age will be served whole milk. Children over 2 years of age will be served 1% or skim milk. All milk served is unflavored.

† Denotes a whole grain or whole grain rich food.

‡ Children under the age of 2 years will not be served raw carrots. Cooked carrots will be offered instead.

Children’s Center takes part in the Child and Adult Care Food Program through the U.S. Department of Agriculture. We are an equal opportunity provider.

Children’s Center Day Care

Menu for the Week of

August 29-September 2, 2022

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| SPRING/SUMMERWEEK 5 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST9:30-10:00 | Toasted Oats Cereal† or Corn Flakes Cereal†Diced PearsMilk\* | Kix Cereal†BananasMilk\* | Buttermilk BiscuitsPineapple TidbitsMilk\* | Rice Chex Cereal†Diced PeachesMilk\* | Toasted Wheat Bagels†Peaches or PearsMilk\* |
| LUNCH11:30-12:00 | Turkey and Cheese Sandwiches on Whole Wheat Bread†Cucumber SlicesWhole Grain Goldfish Crackers†BananasMilk\* | Penne Pasta w/ Chicken, Cheese and BroccoliMixed VegetablesWheat Thins†GrapesMilk\* | Turkey Sausage andBaked BeansCarrot Sticks‡Whole Wheat Bread†HoneydewMilk\* | Chicken Taco SaladCornTaco ChipsFresh PearsMilk\* | Salsa Chicken over White RiceGreen BeansCheez-ItsOrangesMilk\* |
| SNACKvaries by classserved between 2:45 and 3:45 | Cottage CheesePretzelsApple Juice | Cinnamon Bread and Cream Cheese SandwichesMilk\* | Raw Carrots, Cauliflower, Cucumbers and Red Peppers‡ with Dill DipClub CrackersGrape Juice | Apple SlicesGraham CrackersSoy Butter Yogurt DipWater | Whole Grain Goldfish Crackers† Apple or Grape Juice |

\* Children under 2 years of age will be served whole milk. Children over 2 years of age will be served 1% or skim milk. All milk served is unflavored.

† Denotes a whole grain or whole grain rich food.

‡ Children under the age of 2 years will not be served raw carrots, red peppers or cauliflower. Cooked carrots or cucumber slices will be offered instead.

Children’s Center takes part in the Child and Adult Care Food Program through the U.S. Department of Agriculture. We are an equal opportunity provider.