Children’s Center Day Care

Menu for the Week of

August 1-5, 2022

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| --- | --- | --- | --- | --- | --- |
| SPRING/SUMMER  WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST  9:30-10:00 | Crisp Rice Cereal  Diced Pears  Milk\* | Soy Butter Quesadillas  on Flour Tortillas  Bananas  Milk\* | English Muffins  Apples  Milk\* | Life Cereal†  Diced Peaches  Milk\* | Honey Bunches of Oats†  Pears, Apples or Peaches  Milk\* |
| LUNCH  11:30-12:00 | Chicken Tenders  Green Beans  Whole Wheat Bread†  Strawberries  Milk\* | Macaroni and Cheese  with Turkey Sausage  Mixed Vegetables  Triscuit Thin Crisps†  Grapes  Milk\* | Sloppy Joes on a  Whole Wheat Bun†  Carrots  Roasted Potatoes  Fresh Peaches  Milk\* | Chicken and Cheese Burritos on Flour Tortillas  Corn  Taco Chips  Pineapple Tidbits  Milk\* | Turkey Dog Pasta Salad  Cucumber Slices  Wheat Thins†  Plums  Milk\* |
| SNACK  varies by class  served between  2:45 and 3:45 | Whole Grain  Goldfish Crackers†  Orange Slices  Water | Whole Grain Fig Newtons†  Milk\* | Baked Oyster Crackers with Ranch Seasoning  Grape Juice | Whole Wheat Ritz  Strawberry  Cream Cheese  Apple 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.

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Children’s Center Day Care

Menu for the Week of

August 8-12, 2022

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| SPRING/SUMMER  WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST  9:30-10:00 | Toasted Oats Cereal†  Diced Pears  Milk\* | Corn Chex Cereal†  Bananas  Milk\* | Baked French Toast  Diced Peaches  Milk\* | Cinnamon Bread  Applesauce  Milk\* | Corn Flakes Cereal†  Pears, Peaches or Apples  Milk\* |
| LUNCH  11:30-12:00 | Turkey and Cheese on a Flour Tortilla with  Vegetable Cream Cheese  Cucumber Slices  Triscuit Thin Crisps†  Grapes  Milk\* | Cheesy Breadsticks with Marinara Sauce  Green Beans  Fresh Pears  Milk\* | Roasted Turkey Sausage  Roasted Red Potatoes  Corn  Whole Wheat Bread†  Honeydew  Milk\* | Chicken Salad Sandwiches on  Whole Wheat Bread†  Carrot Sticks‡  Corn Chips  Apples  Milk\* | Tuna Pasta Salad  Mixed Vegetables  Wheat Thins†  Oranges  Milk\* |
| SNACK  varies by class  served between  2:45 and 3:45 | Wheat Thins†  with Soy Butter  Bananas  Milk\* | Whole Wheat Ritz†  Cheese Cubes  Orange Juice | Strawberry Banana  Yogurt Popsicles  Goldfish Grahams†  Water | Kix and Pretzel  Snack Mix†  Grape Juice | Whole Grain  Goldfish Crackers†  Orange or Grape Juice |

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

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Children’s Center Day Care

Menu for the Week of

August 15-19, 2022

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| SPRING/SUMMER  WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST  9:30-10:00 | Crisp Rice Cereal  Diced Peaches  Milk\* | Kix Cereal†  Bananas  Milk\* | Baked Triscuits†  with Cheese  Applesauce  Milk\* | Crispix Cereal  Diced Pears  Milk\* | Toasted Wheat Bagels†  Peaches, Pears or Apples  Milk\* |
| LUNCH  11:30-12:00 | Tomato Soup  Cheese Sandwiches on  Whole Wheat Bread†  Carrot Sticks‡  Honeydew  Milk\* | Taco Mac and Cheese  with Ground Turkey  Corn  Whole Wheat Bread†  Apples  Milk\* | Turkey Dogs on a  Whole Wheat Bun†  Green Beans  Tater Tots  Grapes  Milk\* | Chicken and Cheese Pasta Salad with Bacon  Wheat Thins†  Peas  Oranges  Milk\* | Bean and Cheese Burritos on a Flour Tortilla  Mixed Vegetables  Tortilla Chips  Plums  Milk\* |
| SNACK  varies by class  served between  2:45 and 3:45 | Chex Mix†  Apple Juice | Scooby Snacks†  Grape Juice | Fresh Fruit Salad  Toasteds Buttercrisp Crackers  Water | Cucumber and Cream Cheese on White Bread  Pineapple Juice | Cheez-its  Apple or Grape Juice |

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

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Children’s Center Day Care

Menu for the Week of

August 22-26, 2022

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| SPRING/SUMMER  WEEK 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST  9:30-10:00 | Corn Flakes Cereal†  Diced Pears  Milk\* | Frosted Mini  Wheats Cereal†  Bananas  Milk\* | Oatmeal†  Diced Peaches  Milk\* | Toasted Oat Cereal†  Apples  Milk\* | English Muffins  Pears, Peaches or Apples  Milk\* |
| LUNCH  11:30-12:00 | Tuna Boats (Baked  Tuna Salad and Cheese on a Hot Dog Bun)  Peas  Cheez-Its  Oranges  Milk\* | Spaghetti with  Meat Sauce  Green Beans  Whole Wheat Bread†  Honeydew  Milk\* | Chicken Macaroni Salad  Carrot Sticks‡  Corn Chips  Plums  Milk\* | Chicken Curry Casserole  White Rice  Carrots  Pita Crackers  Grapes  Milk\* | Turkey Dogs on a  Cheesy Flour Tortilla  Mixed Vegetables  Wheat Thins†  Fresh Peaches  Milk\* |
| SNACK  varies by class  served between  2:45 and 3:45 | Bananas  Animal Crackers  Water | Club Crackers  Onion Chive Cream Cheese  Apple Juice | Whole Grain  Goldfish Crackers†  Cheese Cubes  Pineapple Juice | Melon Salad  Waffle Pretzels  Water | Whole Grain Fig Newtons†  Milk\* |

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Children’s Center Day Care

Menu for the Week of

August 29-September 2, 2022

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| SPRING/SUMMER  WEEK 5 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST  9:30-10:00 | Toasted Oats Cereal† or Corn Flakes Cereal†  Diced Pears  Milk\* | Kix Cereal†  Bananas  Milk\* | Buttermilk Biscuits  Pineapple Tidbits  Milk\* | Rice Chex Cereal†  Diced Peaches  Milk\* | Toasted Wheat Bagels†  Peaches or Pears  Milk\* |
| LUNCH  11:30-12:00 | Turkey and Cheese Sandwiches on  Whole Wheat Bread†  Cucumber Slices  Whole Grain  Goldfish Crackers†  Bananas  Milk\* | Penne Pasta w/ Chicken, Cheese and Broccoli  Mixed Vegetables  Wheat Thins†  Grapes  Milk\* | Turkey Sausage and  Baked Beans  Carrot Sticks‡  Whole Wheat Bread†  Honeydew  Milk\* | Chicken Taco Salad  Corn  Taco Chips  Fresh Pears  Milk\* | Salsa Chicken  over White Rice  Green Beans  Cheez-Its  Oranges  Milk\* |
| SNACK  varies by class  served between  2:45 and 3:45 | Cottage Cheese  Pretzels  Apple Juice | Cinnamon Bread and Cream Cheese Sandwiches  Milk\* | Raw Carrots, Cauliflower, Cucumbers and Red Peppers‡ with Dill Dip  Club Crackers  Grape Juice | Apple Slices  Graham Crackers  Soy Butter Yogurt Dip  Water | Whole Grain Goldfish Crackers†  Apple or Grape Juice |

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‡ 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.

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