Children’s Center Day Care

Menu for the Week of

January 23-27, 2023

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| --- | --- | --- | --- | --- | --- |
| FALL/WINTER  WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST  9:30-10:00 | Crisp Rice Cereal  Diced Pears  Milk\* | Honey Bunches of Oats†  Bananas  Milk\* | Cornflakes†  Diced Peaches  Milk\* | Rice Chex Cereal†  Apples  Milk\* | Toasted Wheat Bagels†  Peaches, Pears or Apples  Milk\* |
| LUNCH  11:30-12:00 | Chicken Tenders  Green Beans  Whole Wheat Bread†  Apples  Milk\* | Cheesy Breadsticks with Marinara Sauce  Peas  Clementines  Milk\* | Cheese Pizza  Grapes  Carrot Sticks  Milk\* | Chicken and Cheese Burritos on Flour Tortillas  Mixed Vegetables  Taco Chips  Honeydew  Milk\* | Tomato Soup  Cheese Sandwiches on  Whole Wheat Bread†  Carrot Sticks‡  Clementines  Milk\* |
| SNACK  varies by class  served between  2:45 and 3:45 | Strawberry Yogurt  Goldfish Grahams†  Water | Baked Oyster Crackers with Ranch Seasoning  Grape Juice | Club Crackers  Onion Chive  Cream Cheese  Apple Juice | Banana Chocolate  Chip Bread  Milk\* | 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.

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Children’s Center Day Care

Menu for the Week of

January 30-February 3, 2023

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| FALL/WINTER  WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST  9:30-10:00 | Corn Flakes Cereal†  Diced Peaches  Milk\* | Life Cereal†  Bananas  Milk\* | Baked French Toast  Applesauce  Milk\* | Corn Chex Cereal†  Diced Pears  Milk\* | Baked Triscuits†  with Cheese  Peaches, Pears or Apples  Milk\* |
| LUNCH  11:30-12:00 | Baked Scrambled Eggs  with Diced Ham  Green Beans  English Muffins  Bananas  Milk\* | Sloppy Joes on a  Whole Wheat Bun†  Mixed Vegetables  Pineapple Tidbits  Milk\* | Chicken Noodle Soup with Peas and Carrots  Cheese Cubes  Oyster Crackers  Grapes  Milk\* | Chicken Curry Casserole  White Rice  Carrots  Pita Crackers  Honeydew  Milk\* | Macaroni and Cheese  with Turkey Sausage  Corn  Buttermilk Biscuits  Apples  Milk\* |
| SNACK  varies by class  served between  2:45 and 3:45 | Bagels and  Cream Cheese  Grape Juice | Whole Grain Fig Newtons†  Milk\* | Clementines  Wheat Thins†  Water | Apple Yogurt Muffins  Apple Juice | Cheez-Its  Apple or Grape Juice |

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Children’s Center Day Care

Menu for the Week of

February 6-10, 2023

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| FALL/WINTER  WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST  9:30-10:00 | Buttermilk Biscuits  Diced Pears  Milk\* | Crisp Rice Cereal  Diced Peaches  Milk\* | Toasted Wheat Bagels†  Apples  Milk\* | Soy Butter Quesadillas  on Flour Tortillas  Bananas  Milk\* | Crispix Cereal  Peaches, Pears or Apples  Milk\* |
| LUNCH  11:30-12:00 | Bean and Cheese Burritos  on a Flour Tortilla  Mixed Vegetables  Tortilla Chips  Grapes  Milk\* | Barbeque Meatballs  Mashed Potatoes  Peas  Whole Wheat Bread†  Pineapple Tidbits  Milk\* | Salsa Chili with Beans  and Ground Turkey  Carrot Sticks  Oyster Crackers  Clemetines  Milk\* | Tuna Boats (Baked  Tuna Salad and Cheese on a Hot Dog Bun)  Mixed Vegetables  Cheez-Its  Honeydew  Milk\* | Turkey Dogs on a  Whole Wheat Bun  Green Beans  Tater Tots  Clementines  Milk\* |
| SNACK  varies by class  served between  2:45 and 3:45 | Fresh Fruit Assortment  (Bananas, Apples, Clementines)  Triscuit Minis†  Water | Cottage Cheese  Pretzels  Apple Juice | Sweet Potato Cake  Milk\* | Kix and Pretzel  Snack Mix†  Grape Juice | Scooby Snacks†  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

February 13-17, 2023

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| FALL/WINTER  WEEK 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST  9:30-10:00 | Corn Flakes Cereal†  Diced Pears  Milk\* | Oatmeal†  Diced Peaches  Milk\* | Kix Cereal†  Bananas  Milk\* | Cinnamon Bread  Applesacue  Milk\* | English Muffins  Peaches, Pears or Apples  Milk\* |
| LUNCH  11:30-12:00 | White Bean Tomato Soup  White Rice  Cheese Cubes  Carrot Sticks  Apples  Milk\* | Chicken Taco Salad  Corn  Taco Chips  Clementines  Milk\* | Penne Pasta w/ Chicken,  Cheese and Broccoli  Green Beans  Cheesy Garlic Biscuits  Grapes  Milk\* | Southwestern Rice  with Ground Turkey  Mixed Vegetables  Buttermilk Biscuits  Honeydew  Milk\* | Roasted Turkey Sausage  Roasted Red Potatoes  Carrots  Whole Wheat Bread†  Pineapple Tidbits  Milk\* |
| SNACK  varies by class  served between  2:45 and 3:45 | Whole Grain Fig Newtons†  Milk\* | Valentine’s Day  party treats  Monster Clipart Valentines Day - Monstruos Infantiles PNG Image |  Transparent PNG Free Download on SeekPNG | Bananas  Animal Crackers  Milk\* | Cheesy Baked  Cheerios†  Grape Juice | Pretzels  Cheese Cubes  Apple or Grape Juice |

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Children’s Center Day Care

Menu for the Week of

February 20-24, 2023

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| FALL/WINTER  WEEK 5 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST  9:30-10:00 | Frosted Mini  Wheats Cereal†  Diced Peaches  Milk\* | Toasted Oats Cereal†  Diced Pears  Milk\* | Pork Sausage and  Cheese Biscuits  Apples  Milk\* | Soy Butter Quesadillas  on Flour Tortillas  Applesauce | Toasted Oats Cereal† or Corn Flakes Cereal  Peaches, Pears or Apples  Milk\* |
| LUNCH  11:30-12:00 | Cheesy Breadsticks with  Marinara Sauce  Carrots  Honeydew  Milk\* | Spaghetti with  Meat Sauce  Corn  Cheesy Garlic Biscuits  Clementines  Milk\* | Chicken Fiesta Soup with  Brown Rice and Corn†  Cheese Cubes  Saltines  Grapes  Milk\* | Pizza Burgers  (Meat Sauce and Cheese  on English Muffins)  Green Beans  Apples  Milk\* | Turkey Dogs on a  Cheesy Flour Tortilla  Peas  Wheat Thins†  Pineapple Tidbits  Milk\* |
| SNACK  varies by class  served between  2:45 and 3:45 | Graham Crackers  Bananas  Caramel Maple  Yogurt Dip  Water | Chex Mix†  Grape Juice | Cucumber and Cream Cheese on White Bread  Apple Juice | Blueberry Muffins  Milk\* | Whole Grain Goldfish Crackers†  Apple or Grape Juice |

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