Children’s Center Day Care

Menu for the Week of

January 23-27, 2023

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| --- | --- | --- | --- | --- | --- |
| FALL/WINTERWEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST9:30-10:00 | Crisp Rice CerealDiced PearsMilk\* | Honey Bunches of Oats†BananasMilk\* | Cornflakes†Diced PeachesMilk\* | Rice Chex Cereal†ApplesMilk\* | Toasted Wheat Bagels†Peaches, Pears or ApplesMilk\* |
| LUNCH11:30-12:00 | Chicken TendersGreen BeansWhole Wheat Bread†ApplesMilk\* | Cheesy Breadsticks with Marinara SaucePeasClementinesMilk\* | Cheese PizzaGrapesCarrot SticksMilk\* | Chicken and Cheese Burritos on Flour TortillasMixed VegetablesTaco ChipsHoneydewMilk\* | Tomato SoupCheese Sandwiches on Whole Wheat Bread†Carrot Sticks‡ClementinesMilk\* |
| SNACKvaries by classserved between 2:45 and 3:45 | Strawberry YogurtGoldfish Grahams†Water | Baked Oyster Crackers with Ranch SeasoningGrape Juice | Club CrackersOnion Chive Cream CheeseApple Juice | Banana ChocolateChip BreadMilk\* | Whole GrainGoldfish 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/WINTERWEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST9:30-10:00 | Corn Flakes Cereal†Diced PeachesMilk\* | Life Cereal†BananasMilk\* | Baked French ToastApplesauceMilk\* | Corn Chex Cereal†Diced PearsMilk\* | Baked Triscuits† with CheesePeaches, Pears or ApplesMilk\* |
| LUNCH11:30-12:00 | Baked Scrambled Eggs with Diced HamGreen BeansEnglish MuffinsBananasMilk\* | Sloppy Joes on aWhole Wheat Bun†Mixed VegetablesPineapple TidbitsMilk\* | Chicken Noodle Soup with Peas and CarrotsCheese CubesOyster CrackersGrapesMilk\* | Chicken Curry CasseroleWhite Rice CarrotsPita CrackersHoneydewMilk\* | Macaroni and Cheese with Turkey SausageCornButtermilk BiscuitsApplesMilk\* |
| SNACKvaries by classserved between 2:45 and 3:45 | Bagels and Cream CheeseGrape Juice | Whole Grain Fig Newtons†Milk\* | ClementinesWheat Thins†Water | Apple Yogurt MuffinsApple Juice | Cheez-ItsApple 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/WINTERWEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST9:30-10:00 | Buttermilk BiscuitsDiced PearsMilk\* | Crisp Rice CerealDiced PeachesMilk\* | Toasted Wheat Bagels†ApplesMilk\* | Soy Butter Quesadillason Flour TortillasBananasMilk\* | Crispix CerealPeaches, Pears or ApplesMilk\* |
| LUNCH11:30-12:00 | Bean and Cheese Burritoson a Flour TortillaMixed VegetablesTortilla ChipsGrapesMilk\* | Barbeque MeatballsMashed PotatoesPeasWhole Wheat Bread†Pineapple TidbitsMilk\* | Salsa Chili with Beans and Ground TurkeyCarrot SticksOyster CrackersClemetinesMilk\* | Tuna Boats (BakedTuna Salad and Cheese on a Hot Dog Bun)Mixed VegetablesCheez-ItsHoneydewMilk\* | Turkey Dogs on a Whole Wheat BunGreen BeansTater TotsClementinesMilk\* |
| SNACKvaries by classserved between 2:45 and 3:45 | Fresh Fruit Assortment(Bananas, Apples, Clementines)Triscuit Minis†Water | Cottage CheesePretzelsApple Juice | Sweet Potato CakeMilk\* | Kix and Pretzel Snack Mix†Grape Juice | Scooby Snacks†Apple or Grape Juice |

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† 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.

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Children’s Center Day Care

Menu for the Week of

February 13-17, 2023

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| --- | --- | --- | --- | --- | --- |
| FALL/WINTERWEEK 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST9:30-10:00 | Corn Flakes Cereal†Diced PearsMilk\* | Oatmeal† Diced PeachesMilk\* | Kix Cereal†BananasMilk\* | Cinnamon BreadApplesacueMilk\* | English MuffinsPeaches, Pears or ApplesMilk\* |
| LUNCH11:30-12:00 | White Bean Tomato SoupWhite RiceCheese CubesCarrot SticksApplesMilk\* | Chicken Taco SaladCornTaco ChipsClementinesMilk\* | Penne Pasta w/ Chicken,Cheese and BroccoliGreen BeansCheesy Garlic BiscuitsGrapesMilk\* | Southwestern Rice with Ground TurkeyMixed VegetablesButtermilk BiscuitsHoneydewMilk\* | Roasted Turkey SausageRoasted Red PotatoesCarrotsWhole Wheat Bread†Pineapple TidbitsMilk\* |
| SNACKvaries by classserved between 2:45 and 3:45 | Whole Grain Fig Newtons†Milk\* | Valentine’s Day party treatsMonster Clipart Valentines Day - Monstruos Infantiles PNG Image |  Transparent PNG Free Download on SeekPNG | BananasAnimal CrackersMilk\* | Cheesy Baked Cheerios†Grape Juice  | PretzelsCheese CubesApple 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 20-24, 2023

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| --- | --- | --- | --- | --- | --- |
| FALL/WINTERWEEK 5 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST9:30-10:00 | Frosted Mini Wheats Cereal†Diced PeachesMilk\* | Toasted Oats Cereal†Diced PearsMilk\* | Pork Sausage andCheese BiscuitsApplesMilk\* | Soy Butter Quesadillas on Flour TortillasApplesauce | Toasted Oats Cereal† or Corn Flakes CerealPeaches, Pears or ApplesMilk\* |
| LUNCH11:30-12:00 | Cheesy Breadsticks with Marinara SauceCarrotsHoneydewMilk\* | Spaghetti with Meat SauceCornCheesy Garlic BiscuitsClementinesMilk\* | Chicken Fiesta Soup withBrown Rice and Corn†Cheese CubesSaltinesGrapesMilk\* | Pizza Burgers (Meat Sauce and Cheeseon English Muffins)Green BeansApplesMilk\* | Turkey Dogs on a Cheesy Flour TortillaPeasWheat Thins†Pineapple TidbitsMilk\* |
| SNACKvaries by classserved between 2:45 and 3:45 | Graham CrackersBananasCaramel MapleYogurt DipWater | Chex Mix†Grape Juice  | Cucumber and Cream Cheese on White BreadApple Juice | Blueberry MuffinsMilk\* | Whole Grain Goldfish Crackers† Apple or Grape Juice |

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