

Menu for the Week



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	Oatmeal (Plain or with fruit)	Mixed Berry Wheat Pancakes	Scrambled eggs and wheat bread	Oatmeal (Plain or with fruit)	Flavored waffles! (cinnamon, berries or banana)
Snack	Mixed Fruit	Bananas	Cereal (Cheerios/Chex) and apple slices	Mixed Berries	Yogurt
<i>Lunch</i>	Grilled Chicken, Mandarin Oranges, Carrots	Ground Turkey, Cheddar Cheese, Green Beans	Fish Sticks & Apple Slices	Sliced Turkey & Sweet Potatoes	Peanut Butter & Jelly on Wheat
Snack	Mixed Veggies	Carrots	Whole Grain Bread/Toast	Sweet Potato and Cinnamon Curls	Broccoli

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. Children (age 12-24 month) are served whole milk. After 24 months, all children are served 1% milk.

Substitutes will be made for any allergies (i.e. wheat, dairy, soy, etc.)