



SAMPLE CHILDCARE MENU

	BREAKFAST	LUNCH	AFTERNOON SNACK
MON	<p>Whole Grain Cereal</p> <p>Milk</p>	<p>Chicken Noodle Soup with Carrots & Celery</p> <p>Whole Wheat Buns</p> <p>Milk</p>	<p>Fresh Fruit</p> <p>Carro Zucchini Loaf</p> <p>Water</p>
TUE	<p>Baked Blueberry & Banana Oatmeal</p> <p>Milk</p>	<p>European Perogies & Turkey Sausage</p> <p>Green Beans</p> <p>Milk</p>	<p>Fruit Yogurt with Carrot Sticks</p> <p>Water</p>
WED	<p>Pancakes</p> <p>Apple Sauce</p> <p>Milk</p>	<p>Lentil Beef Chili</p> <p>Whole Wheat Rolls</p> <p>Corn</p> <p>Milk</p>	<p>Trail Mix (Corn Bran, Prunes, Cheerios)</p> <p>Oranges</p> <p>Water</p>
THU	<p>Cinnamon Raisin Toast with Strawberry Preserves</p> <p>Milk</p>	<p>Whole Wheat Tuna Melt</p> <p>Carrots</p> <p>Milk</p>	<p>Oatmeal Wow butter Cookies</p> <p>Apple Slices</p> <p>Water</p>
FRI	<p>Yogurt & Fruit with Granola</p> <p>Milk</p>	<p>Indian Butter Chicken with Brown Rice & Steamed Peas</p> <p>Milk</p>	<p>Hummus with Veggie Sticks</p> <p>Whole Wheat Pita Crackers</p> <p>Water</p>