

Caring Child Daycare

Early Learning Centers

Menu Plan For The Week Of:

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cinnamon French Toast Cereal & Cheese Stick Cereal & Yogurt Bagel with Cream Cheese	Cheddar Omelet Croissant Cereal & Cheese Stick Fruit and Yogurt Parfait Muffin	Sausage* Biscuit Cereal & Cheese Stick Cereal & Yogurt Bagel with Cream Cheese	Cinnamon French Toast Cereal & Cheese Stick Fruit and Yogurt Parfait Muffin	Eggo Mini Waffles Cereal & Cheese Stick Cereal & Yogurt Bagel with Cream Cheese
Lunch	Meatball Sub Popcorn Chicken with Mac and Cheese Spicy Chicken Patty on Bun	Cheese Breadsticks with Marinara BBQ Pulled Pork* on Bun Meatball Wrap	Fish Nuggets Spaghetti with Meatballs Chicken Nuggets All with Breadstick	Pork Steak* with Roll Cheeseburger on Bun Cheesy Chicken Flatbread	Beefy Queso Nachos Chicken Patty on Bun Italian Turkey Wrap*
PM Snack	Graham Crackers with Banana Goldfish Crackers and Fruit Assorted Fruit Bowl	Tortilla Chips with Salsa Cheeze-Itz and Fruit Assorted Fruit Bowl	Vanilla Yogurt with Fresh Fruit and Granola Goldfish Crackers and Fruit Assorted Fruit Bowl	Bread Sticks with Marinara Cheeze-Its and Fruit Assorted Fruit Bowl	Tortilla Chips with Salsa Goldfish Crackers and Fruit Assorted Fruit Bowl

	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable Choices	Baked Potato Wedges Seasoned Peas and Carrots Tossed Romaine Salad Baby Carrots	Seasoned Green Beans Tossed Romaine Salad Baby Carrots	Creamy Mashed Potatoes Seasoned Green Beans Tossed Romaine Salad Baby Carrots	Seasoned Corn Assorted Fresh Veggies Baby Carrots Veggie Juice	Creamy Mashed Potatoes Seasoned Green Beans Tossed Romaine Salad Baby Carrots
Fruit Choices	Fresh Seasonal Fruit Assorted Fruit Cup Assorted 100% Fruit Juice	Fresh Seasonal Fruit Assorted Fruit Cup Assorted 100% Fruit Juice	Fresh Seasonal Fruit Assorted Fruit Cup Assorted 100% Fruit Juice	Fresh Seasonal Fruit Assorted Fruit Cup Assorted 100% Fruit Juice	Fresh Seasonal Fruit Assorted Fruit Cup Assorted 100% Fruit Juice

AM Snack: Child may choose One (1) entree, One (1) or Two (2) Fruit, and a milk.

Lunch: Child may choose One (1) entree, One (1) or Two (2) Fruit. Comes with Milk, Juice, or Water.

PM Snack: Child may choose One (1). Child may choose juice or water

Milk Choices:

1% Plain

Non-Fat Flavored

All cheese is low fat where available

Fresh Fruit choices:

Oranges

Bananas

Sliced apples

Melons

Blueberries

Mixed fruit

All grain selections are whole-grain.

All juice is 100% fruit or vegetable.

*** Item may contain pork.**

Please Note: This is only an example menu. Weekly menus will be printed off and offered to you on Friday the previous week. They are also posted weekly on the Caring Child Daycare website.