Caring Child Daycare Early Learning Centers

Menu Plan For The Week Of:

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Cinnamon	Cheddar	Sausage*	Cinnamon	Eggo
Snack	French	Omelet	Biscuit	French Toast	Mini
	Toast	Croissant			Waffles
			Cereal &	Cereal &	
	Cereal &	Cereal &	Cheese Stick	Cheese Stick	Cereal &
	Cheese Stick	Cheese Stick			Cheese
			Cereal &	Fruit and	Stick
	Cereal &	Fruit and	Yogurt	Yogurt Parfait	
	Yogurt	Yogurt			Cereal &
		Parfait	Bagel with	Muffin	Yogurt
	Bagel with		Cream Cheese		
	Cream	Muffin			Bagel
	Cheese				with
					Cream
					Cheese
Lunch	Meatball	Cheese	Fish Nuggets	Pork Steak*	Beefy
	Sub	Breadsticks		with Roll	Queso
		with	Spaghetti with		Nachos
	Popcorn	Marinara	Meatballs	Cheeseburger	
	Chicken			on Bun	Chicken
	with Mac	BBQ Pulled	Chicken		Patty on
	and Cheese	Pork* on	Nuggets	Cheesy	Bun
		Bun		Chicken	
	Spicy		All with	Flatbread	Italian
	Chicken	Meatball	Breadstick		Turkey
	Patty on Bun	Wrap			Wrap*
PM	Graham	Tortilla	Vanilla Yogurt	Bread Sticks	Tortilla
Snack	Crackers	Chips with	with Fresh	with Marinara	Chips
	with Banana	Salsa	Fruit and		with Salsa
	G 117 1	C1 Y	Granola	Cheeze-Its and	G 110 1
	Goldfish	Cheeze-Itz	0.116.1	Fruit	Goldfish
	Crackers	and Fruit	Goldfish		Crackers
	and Fruit	A , 1	Crackers and	Assorted Fruit	and Fruit
		Assorted	Fruit	Bowl	
	Assorted	Fruit Bowl	15.		Assorted
	Fruit Bowl		Assorted Fruit		Fruit
			Bowl		Bowl

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Corn Dog	Roasted	Crunchy Fish	Salisbury	Spicy
		Chicken with	on Bun	Steak with	Chicken
	Cheeseburger	Roll		Roll	Patty on
	on Bun		Cherry		Bun
		Spicy Chicken	Blossom	Corn Dog	
	Ranch	Patty on Bun	Chicken with	Nuggets	Corn Dog
	Chicken Wrap		Rice		Nuggets
		Corn Dog		Grilled	
		Nuggets	Cheeseburger	Cheese	Turkey
			on Bun		and
					Cheese
					Deli Sub

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

Dinner: Only available to children staying past 4:00pm Child may choose One (1) entree, One (1) fruit and One (1) or Two (2) Vegetables. Comes with Milk, 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.