

# Caring Child Daycare

Early Learning Centers

## Menu Plan For The Week Of:

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	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
<b>Lunch</b>	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*
<b>PM Snack</b>	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
<b>Vegetable Choices</b>	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
<b>Fruit Choices</b>	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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dinner</b>	Corn Dog  Cheeseburger on Bun  Ranch Chicken Wrap	Roasted Chicken with Roll  Spicy Chicken Patty on Bun  Corn Dog Nuggets	Crunchy Fish on Bun  Cherry Blossom Chicken with Rice  Cheeseburger on Bun	Salisbury Steak with Roll  Corn Dog Nuggets  Grilled Cheese	Spicy Chicken Patty on Bun  Corn Dog Nuggets  Turkey 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.