

# Menu (Week 1)



Here is a sample week of the meals our daycare provides.  
We offer a six-week menu plan and have a full-time cook onsite.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Cinnamon French Toast Apple Sauce Water	Multigrain Cheerios Cereal w/ Strawberries Milk	Spinach, Cheese & Egg Muffin Carrot Sticks Water	Blueberry Yogurt w/ Granola & Mixed Berries Water	Pumpkin Oatmeal Topped w/ Cranberries Milk
Spaghetti and Meat Sauce Green & Yellow Beans Milk	Split Pea and Ham Soup Cucumber & Mozzarella Cheese Sandwich Milk	Bobotie (Sheppard's Pie) Mashed Potatoes Whole Wheat Dinner Roll Milk	Ground Turkey Taco Pasta Bake Lettuce Salad w/Tomatoes & Cucumbers Milk	Chicken Pot Pie w/Mixed Vegetables Mashed Potatoes Milk
Chex Mix (Gold fish, pretzels, alphabets, raisins, mini Breton crackers) Orange Slices Water	Pea Butter on Rice Cakes Banana Slices Water	Peach Apple Bran Loaf Apple Slices Water	Ants on a Log (Celery, Pea Butter, Raisins) Popcorn Water	Pretzels w/ Spinach Dip Grapes Water