

# 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.

Monday	Tuesday	Wednesday	Thursday	Friday
Multigrain Cheerios Cereal Milk	Cinnamon French Toast Apple Sauce Water	Spinach, Cheese & Egg Muffin Water	Blueberry Yogurt Granola Water	Banana Oatmeal Bran Muffin Milk
Spaghetti and Meat Sauce Green & Yellow Beans Milk	Pork Tenderloin in Mushroom Sauce Oven Roasted Potatoes & Vegetables (Onions, Carrots, Parsnips) Milk	Split Pea and Ham Soup Cucumber Sandwich Milk	Taco Beef Pasta Bake Lettuce Salad w/Tomatoes & Cucumbers Milk	Turkey Nuggets Quinoa Steamed Broccoli with Herbs Milk
Pineapple Dipped in Yogurt Animal Crackers Water	Zesty Lemon White Bean Dip Rice Cakes Water	Pumpkin Loaf Apple Slices Water	Ants on a Log (Celery, Pea Butter, Raisins) Water	Grapes Pretzels Water