

Daycare Sample Menu

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Unsweetened Applesauce sprinkled with Cinnamon Toast water	Boiled or Scrambled Eggs Toast Milk	<u>Banana Applesauce Muffin</u> Canned Fruit Water	Fruit Yogurt Water	Crackers Cheese cubes Water
Lunch	Salmon or Chicken Salad in a Pita Veggie Sticks Milk	<u>Hamburger Soup</u> Roll Milk	<u>Quick Macaroni & Cheese</u> Sliced Ham Cooked Vegetables Milk	Roast Beef and cheddar sandwich Fruit Cocktail Milk	<u>Black Bean Burrito</u> Banana Slices Milk
Snack	Cold Cereal with Milk	Fruit Yogurt Water	Hummus Mini Pitas Water	Veggie Sticks Cheese Cubes Water	<u>Fruit Yogurt Popsicles</u> Water

Notes:

Veggie sticks and salad may be replaced with soft cooked vegetables or soft fruit for younger children

Fruit may be fresh, frozen or canned

Choose whole wheat or whole grain bread products whenever possible

Daycare Sample Menu

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Toasted English Muffin Milk	Fresh Fruit Cheese Water	<u>Apple Raisin Square</u> Milk	<u>Banana Berry Shake</u>	Canned Fruit Yogurt Water
Lunch	<u>Orange Chicken</u> Green Beans Brown Rice Milk	<u>Spaghetti & Meat Sauce</u> Milk	<u>Shepherd's Pie</u> roll Milk	<u>Tuna Noodle Casserole</u> Mixed Vegetables Milk	<u>Lentil Soup</u> Roll Milk
Snack	Whole wheat soda crackers Cheese cubes Water	½ Egg Salad Sandwich Milk	Fruit Yogurt Water	Banana Date Muffin Fruit Water	Cold Cereal with Milk

Notes:

Veggie sticks and salad may be replaced with soft cooked vegetables or soft fruit for younger children

Fruit may be fresh, frozen or canned

Choose whole wheat or whole grain bread products whenever possible

Daycare Sample Menu

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Oatmeal with Frozen Blueberries Milk	Fruit and Yogurt	<u>Carrot Apple Muffin</u> Milk	Fresh fruit Cheese Cubes Water	<u>Sunny Orange Shake</u>
Lunch	<u>Vegetable pork Stir-fry</u> Brown Rice Milk	<u>Harvest Vegetable Soup</u> ½ Ham & Cheese Sandwich Milk	<u>Cheesy Turkey Divan</u> Brown Rice Milk	<u>Baked Vegetable Frittata</u> Toast Milk	<u>Chili Roll</u> Milk
Snack	½ Apple Cheddar Quesadilla Water	Hummus Mini Pitas milk	<u>Popsifruits</u>	½ Turkey Wrap Milk	Whole Wheat Soda Crackers Cheese cubes

Notes:

Veggie sticks and salad may be replaced with soft cooked vegetables or soft fruit for younger children

Fruit may be fresh, frozen or canned

Choose whole wheat or whole grain bread products whenever possible

Daycare Sample Menu

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	<u>Pumpkin Muffin</u> Milk	Toast Milk	Fruit Smoothie	Oatmeal with raisins Milk	Unsweetened Applesauce topped with Nut-Free Granola Water
Lunch	<u>Chicken Fajita Roll Ups</u> Canned fruit Milk	<u>Sloppy Joes</u> Garden Salad Milk	<u>Hawaiian English Muffin Pizza</u> Milk	<u>Tuna Melts</u> Veggie Sticks Milk	<u>French Toast topped with berries</u> Milk
Snack	½ Roast Beef Sandwich Water	Nut-free Granola Yogurt Water	<u>Bean Dip</u> Mini Pitas Water	Apple Slices Cheese Cubes	Cold Cereal with Milk

Notes:

Veggie sticks and salad may be replaced with soft cooked vegetables or soft fruit for younger children

Fruit may be fresh, frozen or canned

Choose whole wheat or whole grain bread products whenever possible