

### MENU #1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 8-9 am	<ul style="list-style-type: none"> <li>• Cinnamon Toast</li> <li>• Apple Slices</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Mixed Berries</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Pancakes with Syrup</li> <li>• Fresh Fruit</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Scrambled Eggs</li> <li>• Hashbrowns</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Bagels with</li> <li>• Cream Cheese</li> <li>• Honeydew</li> <li>• Water</li> </ul>
<b>Lunch</b> 11:00 am	<ul style="list-style-type: none"> <li>• Spaghetti &amp; Meat Sauce</li> <li>• Ceasar Salad with Garlic Croutons</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chickpea Curry</li> <li>• Ceasar Salad</li> <li>• Steamed Rice</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Homemade Chicken Noodle Soup</li> <li>• Whole Grain Buns</li> <li>• Baby Carrots</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken &amp; Cheese Sliders</li> <li>• Cucumbers</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cheddar Cheese Perogies</li> <li>• Mixed Vegetables</li> <li>• Sour Cream</li> <li>• Milk</li> </ul>
<b>Afternoon Snack</b> 3:00 pm	<ul style="list-style-type: none"> <li>• Cheese Sticks</li> <li>• Dried Cranberries</li> <li>• Whole Wheat Crackers</li> <li>• Water</li> </ul> <p><b>Cranberries will be replaced with Raisins for Infants.</b></p>	<ul style="list-style-type: none"> <li>• Homemade Pita Chips</li> <li>• Homemade Salsa</li> <li>• Seasonal Fruit</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit Yogurt</li> <li>• Bananas/ Seasonal Fruit</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Homemade Hummus Veggies</li> <li>• Vegetable Thins</li> <li>• Crackers</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Rice Cakes</li> <li>• Cream Cheese</li> <li>• Cucumber Slices</li> <li>• Water</li> </ul>

1. Baby Room is served homogenized milk.
2. Any hard food items will be softened for infants.
3. Whole wheat and whole grain bread and buns are always used.
4. **If your child has any food restrictions, please bring your own food.**
5. Water is always available to children.

## MENU #2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 8-9 am	<ul style="list-style-type: none"> <li>Raisin Bran Cereal</li> <li>Bananas</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Waffles with Syrup</li> <li>Fresh Fruit/ Seasonal Fruit</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Toast with Butter</li> <li>Omelette</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Wholegrain Cereal (Shreddies)</li> <li>Fresh Fruit</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Yogurt with Granola</li> <li>Bananas/ Seasonal Fruit</li> <li>Water</li> </ul>
<b>Lunch</b> 11:00 am	<ul style="list-style-type: none"> <li>Chicken Curry</li> <li>Boiled Rice</li> <li>Steamed Broccoli</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Macaroni &amp; Cheese</li> <li>Fruit &amp; Veggie Salad</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Meatballs &amp; Spaghetti with Italian Spaghetti Sauce</li> <li>Mashed Potatoes</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Fried Rice with Chicken and Mixed Vegetables</li> <li>Cucumbers</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Ground Turkey Chilli with Red Kidney Beans</li> <li>Whole Grain Buttered Buns</li> <li>Milk</li> </ul>
<b>Afternoon Snack</b> 3:00 pm	<ul style="list-style-type: none"> <li>Homemade Trail Mixed</li> <li>Fresh Fruit</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Whole Grain Crackers</li> <li>Carrot Sticks &amp; Caesar Dip</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Pita Chips</li> <li>Homemade Salsa</li> <li>Seasonal Fruit</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Graham Crackers</li> <li>Mini Chocolate Chips</li> <li>Apple slices</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Multi Grain Baked Crackers</li> <li>Cucumber Sticks</li> <li>Water</li> </ul>

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### MENU #3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 8-9 am	<ul style="list-style-type: none"> <li>• Rolled Oats Porridge with Milk</li> <li>• Fresh Fruit</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberry Muffins</li> <li>• Seasonal Fruit</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Wheat Bagel with Cream Cheese</li> <li>• Fresh Fruit</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Grain Cinnamon Toast Crunch Cereal</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Buttered Croissants with Cream Cheese</li> <li>• Fresh Fruit</li> <li>• Water</li> </ul>
<b>Lunch</b> 11:00 am	<ul style="list-style-type: none"> <li>• Homemade Tomato Soup</li> <li>• Whole Wheat Grilled Cheese &amp; Chicken Sandwich</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Fish Curry</li> <li>• Steamed Rice</li> <li>• Chickpea &amp; Veggie Salad</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Quesadilla</li> <li>• Mixed Veggies</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Lentil &amp; Carrot Soup</li> <li>• Steamed Yellow Rice</li> <li>• Caesar Salad/ Softened Carrots for Babies</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Rice Noodles Stir Fry with Chicken and Vegetables</li> <li>• Steamed Peas</li> <li>• Milk</li> </ul>
<b>Afternoon Snack</b> 3:00 pm	<ul style="list-style-type: none"> <li>• Fruit Yogurt</li> <li>• Seasonal Fruit</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Wheat Ritz Crackers</li> <li>• Fresh Watermelon</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Sticks</li> <li>• Pretzels</li> <li>• Fresh Fruit</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberry Muffins</li> <li>• Fresh Fruit</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Rice Crackers</li> <li>• Carrots</li> <li>• Ranch Dressing</li> <li>• Water</li> </ul>

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### MENU #4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 8-9 am	<ul style="list-style-type: none"> <li>Wholegrain Cereal (Shreddies)</li> <li>Bananas</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Boiled Eggs</li> <li>Fresh fruit</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt with Granola</li> <li>Mixed Berries</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Raisin Bran Cereal</li> <li>Fresh fruit/ Seasonal Fruit</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Cinnamon Toast</li> <li>Apples</li> <li>Water</li> </ul>
<b>Lunch</b> 11:00 am	<ul style="list-style-type: none"> <li>Homemade Pumpkin Soup</li> <li>Whole Wheat Dinner Rolls</li> <li>Baked Sweet Potato Fries</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Meatballs &amp; Spaghetti with Italian Spaghetti Sauce</li> <li>Mashed Potatoes</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Pancit (Chicken, Noodles, Veggies stir-fried)</li> <li>Multi Grain Buns</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Pancakes with Syrup</li> <li>Scrambled Eggs</li> <li>Fresh Fruit</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Curry</li> <li>Steamed Rice</li> <li>Steamed Broccoli</li> <li>Milk</li> </ul>
<b>Afternoon Snack</b> 3:00 pm	<ul style="list-style-type: none"> <li>Munchies (Mixed Cheetos, Pretzels, Whole Grain Sun chips and Doritos)</li> <li>Fresh fruits</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Whole Grain Carrot Muffins</li> <li>Fresh Fruit</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Rice Cakes</li> <li>Cream Cheese</li> <li>Cucumber Slices</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Trail Mix (Whole Grain Cereal, Raisins, Goldfish, semi-sweet chocolate chips)</li> <li>Fresh Fruit</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Graham Crackers</li> <li>Bananas</li> <li>Water</li> </ul>

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