

WEEK 1

BABY ROOM MENU

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Mixed Cereal	Toast with jam	Mixed Cereal	Toast with jam	Mixed Cereal
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Milk	Milk	Milk	Milk	Milk
	or	or	or	or	or
	Oatmeal porridge	Oatmeal porridge	Oatmeal porridge	Oatmeal porridge	Oatmeal porridge
	- oatmeal - milk	- oatmeal - milk	- oatmeal - milk	- oatmeal - milk	- oatmeal - milk
Lunch	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Milk	Milk	Milk	Milk	Milk
	Beef soup with barley grits and veggies	Potato and cheddar pierogi	Pizza buns	Pasta and tuna casserole	Spaghetti with beef sauce
	- beef - barley grits - carrot - beans	- potato - cheddar cheese - dough	- hamburger bun - pizza sauce - sliced meat - mozzarella cheese	- pasta - tuna - whipping cream - mushroom soup	- spaghetti - beef
	Naan bread	Veggies	Veggies	Veggies	Veggies
	- carrot cubes - corn	- carrot cubes - corn	- carrot sticks - cucumber	- carrot cubes - peas	- carrot - peas
PM Snack	Milk	Milk	Milk	Milk	Milk
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
PM Snack	Milk	Milk	Milk	Milk	Milk
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit

All milk is 3.5% homo milk.

Extra milk is always available in the Baby room fridge, along with room temperature water.

Children are given water to drink several times a day.

Toast and bread are cut into small pieces.

Children who are able to chew are provided with chewable food.

Mixed cereal includes Cheerios, Rice Krispies, and Corn Flakes.

The daycare is a nut-free environment.

Pork and pork products are not served.