

WEEK 1

MONTHLY MENU

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Mixed Cereal Fresh fruit Milk	Toast with jam Fresh fruit Milk	Mixed Cereal Fresh fruit Milk	Toast with jam Fresh fruit Milk	Mixed Cereal Fresh fruit Milk
Lunch	Beef soup with barley grits and veggies <ul style="list-style-type: none">- beef- barley grits- carrot- beans Naan bread Milk	Potato and cheddar pierogi <ul style="list-style-type: none">- potato- cheddar cheese- dough Veggies <ul style="list-style-type: none">- carrot cubes- corn Milk	Pizza buns <ul style="list-style-type: none">- hamburger bun- pizza sauce- sliced meat- mozzarella cheese Veggies <ul style="list-style-type: none">- carrot sticks- cucumber Milk	Pasta and tuna casserole <ul style="list-style-type: none">- pasta- tuna- whipping cream- mushroom soup Veggies <ul style="list-style-type: none">- carrot cubes- peas- Milk	Potato wedges with homemade dip <ul style="list-style-type: none">- potato- yogurt- carrot- cucumber Milk
PM Snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit

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.