

WEEK 3

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	Chicken rice soup with mixed veggies <ul style="list-style-type: none">- chicken- rice- corn- carrot- broccoli Pita Bread Milk	Spaghetti with beef sauce <ul style="list-style-type: none">- spaghetti- beef Veggies <ul style="list-style-type: none">- carrot- peas Milk	Pizza buns <ul style="list-style-type: none">- hamburger bun- pizza sauce- sliced chicken meat- mozzarella cheese Veggies <ul style="list-style-type: none">- carrot sticks- cucumber Milk	Fish sticks with French fries Veggies <ul style="list-style-type: none">- carrot sticks- cucumber Milk	Macaroni and cheese <ul style="list-style-type: none">- pasta- mozzarella cheese- cheddar cheese- cream Veggies <ul style="list-style-type: none">- carrot- peas 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.