

## WEEK 4

## MONTHLY MENU

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	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
<b>Lunch</b>	Multigrain vegetable soup <ul style="list-style-type: none"><li>- lentils</li><li>- barley grits</li><li>- carrot</li><li>- onion</li></ul> Pita bread  Milk	Small shell pasta with beef and veggies <ul style="list-style-type: none"><li>- beef</li><li>- tomato sauce</li><li>- corn</li><li>- peas</li></ul> Milk	Chicken nuggets with potato wedges  Veggies <ul style="list-style-type: none"><li>- carrot sticks</li><li>- cucumber</li></ul> Milk	Rice with beef and veggies <ul style="list-style-type: none"><li>- beef</li><li>- rice</li><li>- tomato sauce</li><li>- carrots</li><li>- peas</li></ul> Milk	Hotdogs with ketchup <ul style="list-style-type: none"><li>- bun</li><li>- sausage</li><li>- cheese</li><li>- pickles</li><li>- ketchup</li></ul> Veggies <ul style="list-style-type: none"><li>- carrot sticks</li><li>- cucumber</li></ul> Milk
<b>PM Snack</b>	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.