

Rugrats Day Care Menu

Week 1 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cereal Fruit Milk	Eggs Fruit Milk	Muffin Fruit Milk	Pancakes Fruit Milk	Cereal Fruit Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Spaghetti w/Meat Sauce Vegetable Fruit Bread w/butter Milk	Fish Sticks Cottage Cheese Vegetable Fruit Bread w/butter Milk	Cheese burger w/bun Vegetable Fruit Milk	Chicken Nuggets Yogurt Vegetable Fruit Bread w/butter Milk	Egg Salad Sandwich Vegetable Fruit Milk
Snack	Snack	Snack	Snack	Snack
Gold Fish Crackers Fruit Water	Ritz Crackers Cheese Water	Granola Bars Fruit Water	Flavored Bread Yogurt Water	String Cheese Fruit Water

Week 2 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cereal Fruit Milk	Eggs Fruit Milk	Waffles Fruit Milk	Toast Fruit Milk	Cereal Fruit Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Grilled Cheese Sandwich Vegetable Fruit Milk	Chicken Salad Sandwich Vegetable Fruit Milk	Macaroni & Cheese w/diced ham Vegetable Fruit Milk	Ham Vegetable Fruit Bread w/butter Milk	Meat & Cheese Sandwich Vegetable Fruit Milk
Snack	Snack	Snack	Snack	Snack
Animal Crackers Yogurt Water	Graham Crackers w/Peanut Butter Water	Pretzels Yogurt Water	Wheat Thins Fruit Water	Mixed Cereal Fruit Water

Rugrats Play Care Menu

Week 3 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cereal Fruit Milk	Eggs Bananas Milk	Cinnamon Rolls Peaches Milk	Pancakes Bananas Milk	Cereal Mixed Fruit Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Noodles w/butter Tater Tots Fruit Yogurt Milk	Cheese Bread w/meat sauce Vegetable Fruit Milk	Chicken Patty w/bun Vegetable Fruit Cottage Cheese Milk	Cheese Quesadilla Vegetable Fruit Milk	Meat & Cheese Sandwich Vegetable Fruit Milk
Snack	Snack	Snack	Snack	Snack
Yogurt Ritz Crackers Water	String Cheese Fruit Water	Vanilla Wafers Yogurt Water	Granola Bar Fruit Water	Mixed Cereal Yogurt Water

Week 4 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cereal Fruit Milk	Eggs Fruit Milk	Waffles Fruit Milk	Muffin Fruit Milk	Cereal Fruit Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Nuggets Vegetable Fruit Cottage Cheese Bread w/butter Milk	Pizza Bread Sticks Vegetable Fruit Milk	PB & J Vegetable Fruit Milk	Butter Noodles Cheese Slice Vegetable Fruit Milk	Fish Sticks Cottage Cheese Vegetable Fruit Bread w/butter Milk
Snack	Snack	Snack	Snack	Snack
Flavored bread Fruit Water	Trail Mix String Cheese Water	Goldfish Crackers Fruit Water	Wheat Thins Fruit Water	Mixed Cereal Fruit Water

Fruits and vegetables will be rotated throughout the weeks. Below are the following fruits and vegetables I will serve:

Fruits Served:

- Peaches
- Pears
- Pineapple
- Mandarin Oranges
- Apples
- Bananas
- Blackberries
- Raspberries
- Strawberries
- Blueberries

Vegetables Served:

- Peas
- Green Beans
- Carrots
- Cucumbers
- Pickles
- Corn

*****Substitutions may be made*****