

Children' Nest
AM/PM SNACK
FIVE LOAVES FOOD SERVICE
 312 Bayview Ave.
 Inwood, NY 11096
 (516) 239-3925

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Non Fat Yogurt- 4 oz Grape Juice - 4 oz	Blueberry Muffin- 1 oz Orange Juice- 4oz	Mini Wheat Squares- 2 oz Apple Juice - 4 oz	Whole Grain Pretzels - 1 oz Grape Juice- 4oz	Whole Grain Animal Crackers - 1 oz Pineapple Juice - 4oz
Ritz Crackers - 2 oz Apple Juice- 4oz	Whole Wheat Wrap w/ Cheese - 2 oz Pineapple Juice - 4 oz	Saltine Crackers & String Cheese - 2 oz Grape Juice- 4oz	Whole Grain Pretzel- 1 oz Apple Juice - 4 oz	Corn Muffin - 1 oz Orange Juice- 4oz
Whole Grain Cheese it Crackers- 1 oz Pineapple Juice- 4oz	Whole Grain Pretzels - 1 oz Orange Juice - 4 oz	Non Fat Yogurt - 4 oz Apple Juice- 4oz	Mini Wheat Squares - 2 oz Grape Juice- 4oz	Whole Grain Vanilla Dots- 1 oz Apple Juice- 4oz
Ritz Crackers- 1oz Apple Juice- 4oz	Whole Grain Animal Crackers- 1 oz Pineapple Juice - 4 oz	Cheese it Crackers - 1 oz Orange Juice- 4oz	Blueberry Muffin - 1 oz Grape Juice - 4 oz	Honey Graham Crackers - 1 oz Apple Juice- 4oz

01/01/2019 - 02/28/2019

Children's Nest
LUNCH

FIVE LOAVES FOOD SERVICE
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Taco-2 oz Whole Wheat Wrap - 1 oz Lettuce, Tomato, Cheese - 4 oz Banana -4oz Milk 1% - 6oz	Open Hot Turkey w/ Gravy - 3 oz Whole Wheat Dinner Roll -1 oz Mashed Potatoes- 4 oz Pineapple - 4oz Milk 1% -6oz	^(***) Whole Grain Cheese Pizza - 4 oz Green Salad w/ Dressing- 4 oz Orange - 4oz Milk 1% - 6oz	Baked Chicken w/Gravy - 3 oz Pasta Primavera- 4oz Steamed Carrot Sticks- 4oz Banana - 4oz Milk 1%-6oz	Baked Macaroni w/Cheese- 6 oz Green Beans- 4 oz Melon- 4oz Milk 1%-6oz
Crispy Chicken- 3 oz Whole Wheat Wrap - 1 oz Italian Blend- 4 oz Melon- 4oz Milk 1%-6oz	Beef Meatball w/Tomato Sauce- 3 oz Whole Wheat Bun- 1 oz Sweet Corn- 4 oz Pineapples- 4oz Milk 1%-6oz	^(***) Baked Ziti w/ Cheese- 6oz Mixed Vegetables- 4 oz Melon - 4oz Milk 1% - 6oz	Beef Meatloaf w/ Gravy - 3 oz Brown Rice - 4 oz House Salad w/Dressing- 4oz Banana- 4oz Milk 1%-6oz	Fish Sticks- 3 oz Buttered Noodles - 4 oz Steamed Carrot Sticks- 4 oz Apple - 4oz Milk 1% - 6oz
Beef Hamburger- 3 oz Whole Wheat Bun - 1 oz French Fries- 4 oz Orange- 4oz Milk 1%-6oz	Chicken Nuggets- 4 oz Whole Wheat Dinner Roll - 1 oz Mashed Potatoes- 4 oz Melon - 4 oz Milk 1% - 6 oz	^(***) Baked Macaroni w/ Cheese - 6 oz Green Beans- 4 oz Apple - 4 oz Milk 1% - 6 oz	BBQ Chicken- 3 oz Brown Rice- 4oz Steamed Carrot Sticks - 4oz Orange- 4oz Milk 1%-6oz	^(***) Whole Grain Cheese Pizza- 4 oz Green Salad w/ Caesar Dressing - 4 oz Banana- 4oz Milk 1%-6oz
Whole Grain Chicken Party- 3 oz Whole Wheat Bun - 1 oz Sweet Corn - 4 oz Melon - 4oz Milk 1% - 6oz	^(***) Turkey Ham & Cheese - 3 oz Whole Wheat Wrap - 1 oz Tator Tots - 4 oz Pear- 4oz Milk 1%-6oz	Swedish Meatball w/Tomato Sauce- 2 oz Whole Wheat Bun - 1 oz Sweet Peas - 4 oz Peaches - 4 oz Milk 1% -6oz	Breaded Chicken w/ Gravy- 2 oz Wide Egg Noodles - 4 oz Steamed Carrot Sticks - 4 oz Banana - 4oz Milk 1%-6oz	^(***) Whole Grain Cheese Lasagna - 4 oz Steamed Broccoli - 4 oz Pineapple - 4 oz Milk 1% - 6 oz

^(***) 2 oz of Cheese Per Serving Size

01/01/2019 - 02/28/2019

^(**) 2 oz of Meat Per Serving Size

Children's Nest
BREAKFAST
FIVE LOAVES FOOD SERVICE
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Wheat Pancake w/Syrup -1 Slice Pineapple- 4oz Milk 1%-6oz	Corn Flakes - ½ cup Banana- 4oz Milk 1%-6oz	Whole Grain Toasted Oats - ½ cup Peaches- 4oz Milk 1%-6oz	Whole Wheat Wrap w/Cheese - 2 oz Melon- 4oz Milk 1%-6oz	Rice Krispies - ¾ cup Pear- 4oz Milk 1%-6oz
Blueberry Muffin - 1 oz Orange- 4oz Milk 1%-6oz	Whole Grain Toasted Oats - ½ cup Pear- 4oz Milk 1%-6oz	Whole Wheat Waffle w/ Syrup- 1 Slice Apple- 4oz Milk 1%-6oz	Whole Wheat Bagel w/ Butter- 1 Slice Orange- 4oz Milk 1%-6oz	Rice Krispies - ¾ cup Melon- 4oz Milk 1%-6oz
Whole Wheat French Toast w/ Syrup - 1 Slice Pear- 4oz Milk 1%-6oz	Bran Flakes - ½ cup Orange- 4oz Milk 1%-6oz	Whole Wheat Pancake w/Syrup - 1 Slice Apple- 4oz Milk 1%-6oz	Corn Muffin - 1 oz Peaches- 4oz Milk 1%-6oz	Whole Grain Toasted Oats - ½ cup Pineapple- 4oz Milk 1%-6oz
Whole Wheat Pancake w/syrup - 1 Slice Orange- 4oz Milk 1%-6oz	Corn Flakes - ½ cup Apple- 4oz Milk 1%-6oz	Whole Wheat Bagel w/ Cream Cheese - 1 Slice Melon- 4oz Milk 1%-6oz	Rice Krispies - ¾ cup Apple- 4oz Milk 1%-6oz	Blueberry Muffin - 1 oz Banana- 4oz Milk 1%-6oz

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