

Eco Kids: A natural Childcare Center LLC

Rotating Menu

Week	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
1	B	-Cereal -Fruit -1% or Whole Milk	-Fruit and Yogurt parfait -1% or Whole Milk	-Cereal - Fresh Fruit -1% or Whole Milk	Organic Oatmeal -Fruit -1% or whole milk	-Cereal - Fruit -1% or Whole Milk
	L	-Fresh Fruit -Veggie Soup -Grilled Cheese	-Sunbutter and Jelly -Fruit -Veggies	-Cheese quesadilla -Fruit -Veggies	-Rice -Beans -Fruit -Veggies	-Pizza -Fruit -Veggies
	S	- Yogurt -Grahm Crackers -Water	-Pretzels -Cheese -Water	-Hummus -Crackers -Water	-Fruit -Crackers -Water	-Apples & Sunbutter- Water
2	B	-Cereal - Fresh Fruit -1% or Whole Milk	- Oatmeal -Fresh Fruit -1% or whole milk	-Cereal - Fresh Fruit -1% or Whole Milk	-Bagel w/cream cheese -Fruit -1% or whole Milk	-Cereal - Fresh Fruit -1% or Whole Milk
	L	-Pasta Tomato/sauce-Mozzarella cheese -Fruit	-Vegetarian Chili -Rice -Veggies -Fruit	Sunbutter and banana rollups -Veggies	-Veggie Soup -Crackers -Beans -fruit	-Egg Salad Sandwich -Veggies -Fruit
	S	-Apple Sauce -Crackers -Water	-Fruit -Crackers -Water	-Carrot Sticks -Dip -Water	-cottage cheese -Fruit -Water	-fruit smoothie -Water

Breakfast and lunch are served with Milk -Whole milk given under age 2 1% 2 and over -Fresh fruit and Veggies served - ALL Meal components are organic/all natural/whole grain -Young toddlers and infants are not served raw veggies

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Week	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
3	B	-Cereal -Fruit -1% or Whole Milk	-Fruit and Yogurt parfait -1% or Whole Milk	-Cereal -Fruit -1% or Whole Milk	-Oatmeal -Fruit -1% or whole milk	-Cereal -Fruit -1% or Whole Milk
	L	-Macaroni and cheese -Veggies /tossed salad -Fruit	-Couscous -Beans -Veggies -Fuit	-Soft Veggie Taco -black beans -Fruit	-Peppers and rice -beans -Fruit	-Spanish style chickpea salad -quinoa -Fruit
	S	- Yogurt -Grahm Crackers -Water	-Pretzels -Cheese -Water	-Hummus -Crackers -Water	-Fruit -Crackers -Water	-Apples & Sunbutter -Water
4	B	-Cereal - Fresh Fruit -1% or Whole Milk	-Whole grain pancakes -Fresh Fruit -1% or whole milk	-Cereal - Fresh Fruit -1% or Whole Milk	-Bagel w/cream cheese -Fruit -1% or whole Milk	-Cereal - Fresh Fruit -1% or Whole Milk
	L	Vegetarian Black bean taco salad -Tortilla chips -Fruit	Sunbutter and Jelly sandwich -Veggies -Fruit	-Pizza -Fruit -Spinach salad	Rice -Veggie Soup -Beans -Fruit	-Cheesy bread sticks served with sauce -Veggies -Fruit
	S	-Apple Sauce -Crackers -Water	-Fruit -Crackers -Water	-Carrot Sticks -Dip -Water	-cottage cheese -Fruit -Water	-fruit smoothie -Water

Menu is subject to change due to availability of specific menu items