

Tamarak LLC - 2026 Menu

Date _____ to _____

Center: _____

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cheerios & Milk	Pancakes & Applesauce	English Muffin & Banana	Peanut Butter Toast	Cooks Choice
Lunch	Ham/Turkey & Cheese Sandwich, Grapes, Broccoli, Milk	Bean and Cheese Burrito, Corn, Pineapple, Milk	Roasted Chicken & Vegetables, Orange, Saltines, Milk	Baked Ziti w/Meatballs, Green Beans, Milk	Cooks Choice -OR- PB&J Sandwich, Cheese, Apple, Carrots, Milk
PM Snack	Ritz & Peanut Butter	Cucumbers & Pretzels	Apples & Cheese	Yogurt & Graham Crackers	Cooks Choice

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Frosted Mini Wheat & Milk	Pancakes & Applesauce	English Muffin & Orange	Peanut Butter Toast	Cooks Choice
Lunch	Toasted Cheese Sandwich & Tomato Soup, Apples, Milk	Cheese Quesadilla, Corn, Pineapple, Milk	Chicken Nuggets, Mac & Cheese, Green Beans, Pears, Milk	Pita Pepperoni Pizza, Grapes, Broccoli & Milk	Cooks Choice -OR- PB&J Sandwich, Cheese, Orange, Carrots, Milk
PM Snack	Ritz & Peanut Butter	Cucumbers & Pretzels	Apples & Cheese	Yogurt & Graham Crackers	Cooks Choice

-Please use other side of paper to record Friday Snacks and Meal-

Tamarak LLC - 2026 Menu

Date _____ to _____

Center: _____

Date:	Infants	Toddler	Preschool
AM Snack			
Lunch			
PM Snack			

Date:	Infants	Toddler	Preschool
AM Snack			
Lunch			
PM Snack			