

# **Tamarak LLC Fall Menu**

## Two-Week Rotating Menu

### **Week 1 – Seasonal Favorites**

Date: \_\_\_\_\_

Day	AM Snack	Lunch	PM Snack
<b>Monday</b>	Cheerios -or- Chex & Milk	Ham & Cheese Sandwich, Carrots, Apples & Milk	Cucumbers & Pretzels
<b>Tuesday</b>	WW Toast w/Peanut Butter & Banana	Refried Bean & Cheese Burrito, Corn, Pineapple & Milk	Saltines & Sliced Cheese
<b>Wednesday</b>	Scrambled Eggs & English Muffin	Chicken & Rice Broccoli, Orange & Milk	Vanilla Yogurt & Graham Crackers
<b>Thursday</b>	Pancake & Applesauce	Spaghetti, Sliced Cheese, Peas, Grapes & Milk	Peanut Butter Ritz Cracker Sandwich
<b>Friday</b>	Cook's Choice	Cook's Choice	Cook's Choice

### **Week 2 – Seasonal Favorites**

Date: \_\_\_\_\_

Day	AM Snack	Lunch	PM Snack
<b>Monday</b>	Cheerios -or- Chex & Milk	Cheesy Broccoli Melt, Tomato Soup, Apples & Milk	Cucumbers & Pretzels
<b>Tuesday</b>	WW Toast w/Peanut Butter & Banana	Black Bean & Cheese Quesadilla, Corn, Pineapple & Milk	Saltines & Sliced Cheese
<b>Wednesday</b>	Scrambled Eggs & English Muffin	Roasted Chicken & Vegetables, Oranges & Milk Saltine	Vanilla Yogurt & Graham Crackers
<b>Thursday</b>	French Toast & Applesauce	Pita Bread Pepperoni Pizza, Grapes, Cucumber & Milk	Peanut Butter Ritz Cracker Sandwich
<b>Friday</b>	Cook's Choice	Cook's Choice	Cook's Choice

- Fridays are "Cook's Choice", to reduce food waste (often creative combos from the week). Each classroom may be served different components depending on what's left over from previous meals or fresh produce that needs to be used up.
- If your child needs a milk alternative; parents must provide the alternative and labeled with the child's name.
- Severe allergies, special dietary needs, or parent food preferences may require parents to send snacks and lunch that meet USDA standards.
- We may substitute, switch meals, or components of meals at any time if produce is not in stock, due to price increases, or due to staffing needs.
- Parents provide all meals for children aged 6 weeks – 11 months.

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## Two-Week Rotating Menu

### **Week 1 – Seasonal Favorites**

Date: \_\_\_\_\_

Day	AM Snack	Lunch	PM Snack
Infant			
Wobbler			
Toddler			
Preschool			

### **Week 2 – Seasonal Favorites**

Date: \_\_\_\_\_

Day	AM Snack	Lunch	PM Snack
Infant			
Wobbler			
Toddler			
Preschool			