

## Sarah's Dayhome for Little Explorers – Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Hard Boiled Eggs, Fruit	Homemade Waffles, Fruit	Oatmeal, Fruit	Cinnamon Toast, Fruit	Blueberry Muffin, Fruit
Vegetable/Fruit	Banana	Apple	Strawberries	Grapes	Banana
Whole Grain/Protein	Eggs	Waffles (made with whole wheat flour)	Oatmeal	Whole Wheat Bread	Muffin (Made with Whole Wheat Flour)
<b>Lunch</b>	Tuna Melts on English Muffin, Fresh Vegetables, Fruit, Milk	Chicken Pasta Casserole, Vegetables, Fruit, Milk	Shephard's Pie (with beef), Bread, Vegetables, Fruit, Milk	Spaghetti with Meat Sauce, Spinach Salad, Fruit, Milk	Scrambled Eggs, Pancakes, Hashbrowns, Vegetables, Fruit, Milk
Milk or Fortified Milk alternative	Milk	Milk	Milk	Milk	Milk
Vegetable and/or Fruit (2 servings)	Carrots Fresh Broccoli  Grapes	Cesar Salad  Kiwi	Corn Green Beans  Oranges	Spinach Cucumber Peppers  Apple	Cooked Broccoli  Apple Sauce
Whole Grain	Whole Wheat English Muffins	Whole Wheat Pasta	Whole Wheat Bread	Whole Wheat Pasta	Pancakes (made with Whole Wheat Flour)
Protein	Tuna	Chicken	Beef	Beef	Eggs
<b>PM Snack</b>	Crackers, Cheese, Fruit	Vegetables, Pita Bread with Wow Butter	Cereal, Fruit	Vegetables, Hummus	Yogurt, Fruit
Vegetables/Fruit	Peaches	Green Peppers Red Peppers Cucumbers	Banana	Carrots Cucumbers	Pears
Whole Grain/Protein	Breton Vegetable Crackers  Cheese	Whole Wheat Pita  Wow Butter	Multi Grain Cheerios	Hummus	Greek Yogurt

<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM Snack</b>	Toasted English Muffin, Fruit	Cereal with Milk, Fruit	Yogurt, Fruit	Banana Bread, Fruit	Scrambled Eggs, Fruit, Milk
Vegetable/Fruit	Banana	Pears	Blueberries	Kiwi	Apple Sauce
Whole Grain/Protein	Whole Wheat English Muffin	Life Cereal	Greek Yogurt	Banana Bread (Made with Whole Wheat Flour)	Eggs
<b>Lunch</b>	Baked Haddock with Mashed Potatoes, Bread, Vegetables, Fruit, Milk	Chicken and Rice, Vegetables, Fruit, Milk	Sloppy Joe, Sweet Potato, Salad, Fruit, Milk	Goulash, Salad, Fruit, Milk	Grilled Cheese Sandwich, Tomato Soup, Vegetables, Fruit, Milk
Milk or Fortified Milk alternative	Milk	Milk	Milk	Milk	Milk
Vegetable and/or Fruit (2 servings)	Mixed Frozen Vegetables Apple	Peas and Carrots Oranges	Romaine Lettuce Fruit Cocktail	Spinach Tomatoes Apple	Broccoli Carrots Banana
Whole Grain	Whole Wheat Bread	Brown Rice	Whole Wheat Hamburger Buns	Whole Wheat Pasta	Whole Wheat Bread
Protein	Haddock	Chicken	Beef	Beef	Cheese Hummus
<b>PM Snack</b>	Vegetables, Naan, Hummus	Blueberry Muffin, Fruit	Wow Butter, Pita, Fruit	Cereal, Vegetables	Crackers, Fruit
Vegetables/Fruit	Cucumbers Carrots Broccoli	Grapes	Banana	Cucumber Bell Peppers	Oranges
Whole Grain/Protein	Whole Wheat Naan Hummus	Muffin (Made with Whole Wheat Flour)	Whole Wheat Pita	Multi Grain Cheerios	Triscuits

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM Snack</b>	Oatmeal, Fruit	Blueberry Muffin, Fruit	Hard Boiled Eggs, Fruit	Toasted Bagel, Fruit	Waffles, Fruit
Vegetable/Fruit	Blueberries	Fruit Smoothie	Grapes	Pears	Apple Sauce
Whole Grain/Protein	Oatmeal	Muffin (Made with Whole Wheat Flour)	Eggs	Whole Wheat Bagel	Homemade Waffles (Made with Whole Wheat Flour)
<b>Lunch</b>	Tuna Sandwich, Salad, Fruit, Milk	Sweet and Sour Meatballs, Rice, Vegetables, Fruit, Milk	Chicken Noodle Soup, Bread, Vegetables, Fruit, Milk	Meatloaf, Sweet Potatoes, Bread, Vegetables, Fruit, Milk	Homemade Macaroni and Cheese, Ham, Vegetables, Fruit, Milk
Milk or Fortified Milk alternative	Milk	Milk	Milk	Milk	Milk
Vegetable and/or Fruit (2 servings)	Romaine Lettuce Banana	Peas and Carrots Oranges	Cooked Broccoli & Cauliflower Apple	Green Beans Kiwi	Spinach Tomatoes Carrots
Whole Grain	Whole Wheat Bread	Brown Rice	Whole Wheat Pasta	Whole Wheat Bread	Whole Wheat Pasta
Protein	Tuna	Beef	Chicken	Beef	Ham
<b>PM Snack</b>	Yogurt, Fruit	Vegetables, Hummus	Cereal, Fruit	Vegetables, Cheese, Crackers	Pita, Wow Butter, Fruit
Vegetables/Fruit	Peaches	Cucumber Bell Peppers Broccoli	Banana	Carrots Broccoli	Banana
Whole Grain/Protein	Greek Yogurt	Hummus	Multi Grain Cheerios	Triscuits Cheese	Whole Wheat Pita Wow Butter

<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM Snack</b>	Cereal with Milk, Fruit	French Toast, Fruit	Oatmeal, Fruit	Banana Bread, Fruit	Scrambled Eggs, Fruit
Vegetable/Fruit	Apple	Banana	Blueberries	Apple	Apple Sauce
Whole Grain/Protein	Life Cereal	Whole Wheat Bread Egg	Oatmeal	Banana Bread (Made with Whole Wheat Flour)	Eggs
<b>Lunch</b>	Fish Cakes, Mashed Potatoes, Bread, Vegetables, Fruit, Milk	Hamburger Pasta Casserole, Salad, Fruit, Milk	Chicken Vegetable Wraps, Fruit, Milk	Lasagna, Cesar Salad, Fruit, Milk	Chicken Veggie Pizza, Vegetables, Fruit, Milk
Milk or Fortified Milk alternative	Milk	Milk	Milk	Milk	Milk
Vegetable and/or Fruit (2 servings)	Green Beans Oranges	Spinach Tomatoes Pears	Lettuce Cucumber Kiwi	Romaine Lettuce Banana	Spinach Bell Peppers Oranges
Whole Grain	Whole Wheat Bread	Whole Wheat Pasta	Whole Wheat Pita Wraps	Whole Wheat Pasta	Whole Wheat Naan Rounds
Protein	Haddock	Beef	Chicken	Beef	Chicken
<b>PM Snack</b>	Vegetables, Hummus, Naan Bread	Crackers, Wow Butter, Fruit	Yogurt, Fruit	Vegetables, Pita bread	Blueberry Muffin, Smoothie
Vegetables/Fruit	Carrots Broccoli Cucumber	Grapes	Peaches	Bell Peppers Broccoli	Fruit Smoothies
Whole Grain/Protein	Hummus Whole Wheat Naan Rounds	Breton Vegetable Crackers Wow Butter	Greek Yogurt	Whole Wheat Pita Bread	Muffin (Made with Whole Wheat Flour)