



LET THEM BE LITTLE

WEEK: JANUARY 26TH - 30TH

DRINKS ARE ALWAYS PROVIDED DURING MEALS AND SNACKS WATER, 2% MILK OR ALMOND MILK.

● ● ● MENU ● ● ●

BREAKFAST

SNACK

LUNCH

SNACK

MON

EGG
CHEESE
WRAP
BLUEBERRIES

FRUIT
SPINACH
SMOOTHIE

GRILLED
GARLIC CHICKEN
BROCCOLI
MIXED FRUIT

BLUEBERRIES
CRACKERS
CHEESE

TUE

VEGGIE
CHEERIOS
CEREAL

NUTRI
GRAIN BAR
MIXED
NUTS

TURKEY SKEWERS
STRAWBERRIES
CARROTS

APPLES
CHEESE
GRAPES
TRAIL MIX

WED

OATMEAL
BANANA

FRUIT
YOGURT
GRANOLA

STEAK, CHEESE
LETTUCE
WRAP
ZUCCHINI

BANANA
STRAWBERRY
SPINACH
SMOOTHIE

THU

EGGS
ENGLISH
MUFFIN
FRUIT

APPLES
PRETZELS

TOMATO
SOUP
FRENCH
BREAD

GRAPES
MINI BAGELS
CHEESE

FRI

OATMEAL
BANANA
BLACK-
BERRIES

VEGGIE POUCH
FISH
CRACKERS

BREADED
CHICKEN
PEAS
HONEYDEW

BLUE/BLACK
BANANA
SPINACH
SMOOTHIE