



FOUR-WEEK ROTATING MENU • WEEK 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 8:00 AM	- Cheerios cereal - Fruit	- Pancakes - Fruit	- PB&J toast - Fruit	- Scrambled eggs - Toast - Fruit	- Waffles - Fruit
MORNING SNACK 10:00 AM	Cheese crackers	Graham crackers	Pretzels	Goldfish	Animal crackers
LUNCH 11:30 AM	- Chicken nuggets - Vegetables - Fruit	- Mac & cheese - Vegetables - Fruit	- Fish sticks - Vegetables - Fruit	- Turkey sandwich - Vegetables - Fruit	- Cheese ravioli - Vegetables - Fruits
AFTERNOON SNACK 2:30 PM	Veggie chips	Cheese cubes	Ritz crackers	Biscuits	Cheese crackers

WEEK 2

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 8:00 AM	- PB&J toast - Fruits	- Waffles - Fruit	- Muffin - Fruit	- Cheerios - Fruit	- Scrambled eggs - Toast - Fruit
MORNING SNACK 10:00 AM	Pretzels	Cheese crackers	Goldfish	Graham crackers	Graham crackers
LUNCH 11:30 AM	- Pasta - Vegetables - Fruits	- Cheese pizza - Vegetables - Fruit	- Chicken tenders - Vegetables - Fruit	- Rice & beans - Fruit	- Grilled cheese - Fruits
AFTERNOON SNACK 2:30 PM	Cheez-Its	String cheese	Biscuits	Veggie chips	Ritz crackers

Milk served with breakfast and lunch • Water available throughout the day and with snacks

Please inform staff of food allergies. Foods and portions are adjusted for each child's age and developmental needs. Menu subject to availability.



FOUR-WEEK ROTATING MENU • WEEK 3

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 8:00 AM	• PB&J toast • Fruit	• Pancakes • Fruits	• Muffin • Fruit	• Cheerios • Fruit	• Waffles • Fruit
MORNING SNACK 10:00 AM	• Pretzels	• Goldfish	• Animal crackers	• Cheez-Its	• Graham crackers
LUNCH 11:30 AM	• Fish sticks • Vegetables • Fruit	• Pasta • Vegetables • Fruits	• Mac & cheese • Vegetables • Fruit	• Chicken nuggets • Vegetables • Fruit	• Grilled cheese • Fruit
AFTERNOON SNACK 2:30 PM	• Ritz crackers	• Biscuits	• Cheese crackers	• Veggie chips	• Graham crackers

WEEK 4

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 8:00 AM	• Muffin • Fruit	• Scrambled eggs • Toast • Fruit	• Cheerios • Fruit	• Waffles • Fruit	• PB&J toast • Fruit
MORNING SNACK 10:00 AM	• Cheese cubes	• Goldfish	• Pretzels	• Graham crackers	• Cheese crackers
LUNCH 11:30 AM	• Chicken nuggets • Vegetables • Fruit	• Cheese pizza • Vegetables • Fruits	• Rice & beans • Fruit	• Turkey sandwich • Vegetables • Fruit	• Mac & cheese • Vegetables • Fruit
AFTERNOON SNACK 2:30 PM	• Biscuits	• Veggie chips	• Ritz crackers	• Cheez-Its	• Graham crackers

Milk served with breakfast and lunch • Water available throughout the day and with snacks

Please inform staff of food allergies. Foods and portions are adjusted for each child's age and developmental needs. Menu subject to availability.