

CHILDREN'S CIRCLE DAYCARE OF ST. BARNABAS, WINTER MENU, 2021

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole grain cheerios cereal served with milk Red Delicious apple slices* Milk and water  *Infants, Toddlers, ¼ cup diced apple	Homemade banana bread (fresh bananas, applesauce, honey) with Becel margarine Blueberries* Milk and water  *Infants, Toddlers, diced blueberry	Multigrain bagel slice served with Wow Butter spread (soybean) Banana slices* Milk and water  *Infants, Toddlers, diced banana	Homemade, Southern-style corn muffins Green pear slices* Milk and water  *Infants, Toddlers, diced pear	Toasted whole wheat English muffins served with Apricot spread Fresh raspberries* Milk and water  *Infants, Toddlers, diced raspberries
Lunch	Homemade meatball stew (lean ground beef) served on Steamed basmati rice Steamed green beans (frozen) Cucumber and carrots sticks* Fresh orange slices** Milk and water  *Infants, Toddlers diced carrots and cucumbers **Infants, Toddlers, diced orange	Homemade tofu pizza (with mozzarella and cheddar cheeses, pizza sauce, tofu chunks, parsley flakes) Steamed diced carrots (frozen) Fresh red pepper sticks* Green pears slices** Milk and water  *Infants, Toddlers, diced pepper **Infants, Toddlers, diced pear	Pasta sauce with lean ground chicken served on Elbow macaroni with Shredded mozzarella cheese Steamed peas (frozen) Fresh garden salad (romaine lettuce, plum tomatoes, carrots) Fresh Granny Smith apple slices* Milk and water  *Infants, Toddlers, diced apple	Summer garden vegetable soup (broccoli, squash, carrots, red peppers, onions, celery, sea salt, red lentils) Turkey slices served on Rye bread Fresh spinach salad (spinach, cucumbers, carrots) Fresh kiwi slices* Milk and water  *Infants, Toddlers, diced kiwi	Oven-baked beef burgers served on Whole wheat hamburger buns Steamed corn and peas (frozen) Roasted red pepper quinoa salad Fresh cantaloupe slices* Milk and water  *Infants, Toddlers, diced cantaloupe
P.M. Snack	Fresh broccoli trees* Water  *Infants, Toddlers, shredded broccoli	Cherry tomatoes* Water  *Infants, Toddlers, diced cherry tomatoes	Fresh cucumber sticks* Water  *Infants, diced cucumber, and Toddlers, cucumber slices	Orange slices* Water  *Infants, Toddlers, diced orange	Fresh Royal Gala apple slices* Water  *Infants, Toddlers, diced apple
P.M. Snack	Unsweetened apple sauce served with Whole wheat crackers Water	Homemade oatmeal muffins (oats, milk, brown sugar) Baby carrots* Water  *Infants, diced carrot, and Toddler, blanched carrots	Homemade fresh fruit melody (blueberries, bananas, peach slices) Plain, Greek yogurt Water	Plain, rice cakes served with Strawberry spread Broccoli/cauliflower trees* Water  *Infants, Toddlers, shredded broccoli/cauliflower	Homemade zucchini cocoa muffins* Celery sticks** Water  *Infants, zucchini muffin **Infants, diced celery