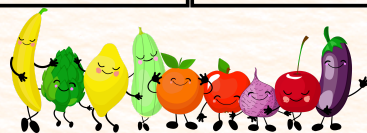




## TINY BUBBLES CHILDCARE MEAL PLAN

# WEEK 1

MEAL PLAN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	CEREAL WITH MILK SIDE OF FRUIT	BERRY OATMEAL SIDE OF FRUIT	ZUCCHINI CARRORT LOAF SIDE OF FRUIT	ENGLISH MUFFIN AND WOW BUTTER SIDE OF FRUIT	CEREAL WITH MILK SIDE OF FRUIT
<b>LUNCH</b>	HOMEMADE HEARTY VEGETABLE SOUP SIDE OF FRUIT	LENTIL CURRY WITH BROWN RICE AND VEGETABLES SIDE OF FRUIT	HUNGARIAN GOULASH SIDE OF FRUIT	GRILLED CHEESE WITH TOMATO SOUP SIDE OF FRUIT	CHICKEN NUGGETS WITH VEGETABLES AND BREADSTICKS SIDE OF FRUIT
<b>MEAT/ALTERNATIVE</b>	BARLEY	LENTILS	BEEF	WHITE BEANS	CHICKEN
<b>GRAIN</b>	MELBA TOAST	WHOLE GRAIN BROWN RICE	WHOLE GRAIN CAVATAPPI	WHOLE GRAIN BREAD	WHOLE GRAIN BREADSTICKS
<b>VEGETABLE/FRUIT</b>	CARROTS PEAS CORN BROCCOLI GREEN BEANS	LENTILS CARROTS SPINACH TOMATOES	TOMATOES ONIONS GARLIC CARROTS CELERY	TOMATOES GARLIC ONION CARROTS	CARROTS CORN GREEN BEANS
<b>DAIRY</b>	MILK	MILK	MILK	MILK	MILK
<b>AFTERNOON SNACK</b>	CUCUMBERS PITA AND HUMMUS SIDE OF VEGETABLES	APPLE SAUCE AND GRAHAM CRACKERS SIDE OF FRUIT	SLICED PEPPERS CREAM CHEESE AND PRETZELS SIDE OF VEGETABLES	SEASONAL FRUIT WITH CHEESE AND RAISINS SIDE OF FRUIT	FROZEN YOGURT WITH GRANOLA SIDE OF FRUIT

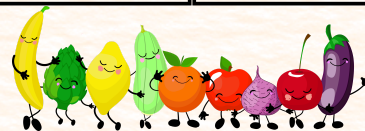




# TINY BUBBLES CHILDCARE MEAL PLAN

## WEEK 2

MEAL PLAN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	CEREAL WITH MILK  SIDE OF FRUIT	ENGLISH MUFFINS WITH MARMALADE JAM  SIDE OF FRUIT	LEMON BLUEBERRY LOAF  SIDE OF FRUIT	YOGURT WITH FRESH FRUIT  SIDE OF FRUIT	CEREAL WITH MILK  SIDE OF FRUIT
<b>LUNCH</b>	VEGETABLE STIR FRY CHOW MEIN  SIDE OF FRUIT	ZUCCHINI PESTO WITH ROASTED TOMATO CHICKPEAS  SIDE OF FRUIT	TUNA PASTA SALAD  SIDE OF FRUIT	CUCUMBER SANDWICHES  SIDE OF FRUIT	SPINACH AND MELTED CHEESE QUESADILLA  SIDE OF FRUIT
<b>MEAT/ALTERNATIVE</b>	TOFU	CHICKPEAS	TUNA	CHICKPEAS SPREAD	WHITE BEANS
<b>GRAIN</b>	CHOW MEIN	ROTINI	WHOLE GRAIN PASTA	WHOLE GRAIN BREAD	WHOLE WHEAT TORTILLA
<b>VEGETABLE/FRUIT</b>	CARROTS PEAS CORN BROCCOLI GREEN BEANS	ZUCCHINI BASIL PESTO CHICKPEAS CHERRY TOMATOS SPINACH	CARROTS PEAS CORN CELERY	CUCUMBERS CHICKPEA SPREAD DILL/CHIVE CREAM CHEESE GREEK TZATZIKI	SPINACH KALE ONIONS GARLIC
<b>DAIRY</b>	MILK	MILK	MILK	MILK	MILK
<b>AFTERNOON SNACK</b>	CELERY WITH TOMATO SPREAD AND MELBA TOAST  SIDE OF FRUIT	FRESH FRUIT WITH RICE CAKES  SIDE OF FRUIT	BANANA WRAP WITH WOW BUTTER  SIDE OF FRUIT	BABY CARROTS CHEESE AND CRACKERS  SIDE OF FRUIT	PRETZELS RAISINS AND HUMMUS  SIDE OF FRUIT

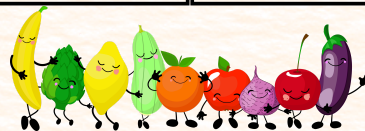




# TINY BUBBLES CHILDCARE MEAL PLAN

## WEEK 3

MEAL PLAN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	CEREAL WITH MILK  SIDE OF FRUIT	BERRY OATMEAL  SIDE OF FRUIT	CINNAMON APPLE PANCAKES  SIDE OF FRUIT	RAISIN BREAD WITH MELTED BUTTER  SIDE OF FRUIT	CEREAL WITH MILK  SIDE OF FRUIT
<b>LUNCH</b>	TOMATO EGGPLANT STEW WITH BREAD  SIDE OF FRUIT	CREAMY GARLIC PASTA  SIDE OF FRUIT	GROUND TURKEY WITH ORZO AND VEGETABLES  SIDE OF FRUIT	VEGETERIAN SHEPPARDS PIE  SIDE OF FRUIT	BUTTER CHICKEN WITH RICE AND VEGETABLES  SIDE OF FRUIT
<b>MEAT/ALTERNATIVE</b>	WHITE BEANS	LENTILS	TURKEY	POTATOES	CHICKEN
<b>GRAIN</b>	WHOLE GRAIN BREAD	WHOLE GRAIN PASTA	ORZO	CHICKPEAS	WHOLE GRAIN BROWN RICE
<b>VEGETABLE/FRUIT</b>	EGGPLANT TOMATOES ONIONS GARLIC	GARLIC ONIONS TOMATOES SPINACH PARMESAN CHEESE	CCARROTS PEAS CORN ONIONS	LENTILS POTATOES CARROTS CORN PEAS	SPINACH TOMATOES ONIONS BELL PEPPERS
<b>DAIRY</b>	MILK	MILK	MILK	MILK	MILK
<b>AFTERNOON SNACK</b>	ORANGE SLICES GRAHAM CRACKERS AND RAISINS  SIDE OF FRUIT	SLICED PEPPERS HUMMUS AND PITA  SIDE OF FRUIT	FROZEN YOGURT WITH GRANOLA  SIDE OF FRUIT	BABY CARROTS CREAM CHEESE AND PRETZELS  SIDE OF FRUIT	STRAWBERRY BANANA MUFFINS  SIDE OF VEGETABLES





# TINY BUBBLES CHILDCARE MEAL PLAN

## WEEK 4

MEAL PLAN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	CEREAL WITH MILK SIDE OF FRUIT	BAGEL WITH APPLE BUTTER SIDE OF FRUIT	ORANGE CRANBERRY LOAF SIDE OF FRUIT	YOGURT WITH FRESH FRUIT SIDE OF FRUIT	CEREAL WITH MILK SIDE OF FRUIT
<b>LUNCH</b>	BAKED ZITI PASTA SIDE OF FRUIT	BEEF WITH CAULIFLOWER BROCCOLI RICE SIDE OF FRUIT	LENTIL SLOPPY JOES SIDE OF FRUIT	VEGETABLE NAAN PIZZA SIDE OF FRUIT	MEDITERRANEAN PASTA SALAD SIDE OF FRUIT
<b>MEAT/ALTERNATIVE</b>	KIDNEY BEANS	BEEF	LENTILS	WHITE BEANS	CHICKPEAS
<b>GRAIN</b>	WHOLE GRAIN PASTA	CAULIFLOWER RICE	WHOLE GRAIN BUN	NAAN	WHOLE GRAIN ROTINI
<b>VEGETABLE/FRUIT</b>	TOMATOES ONION GARLIC SPINACH CARROTS	BROCCOLI CAULIFLOWER CARROTS PEAS ONIONS	CARROTS CELERY ONIONS BELLE PEPPERS	KALE CARROTS ONIONS GARLIC TOMATOES	CUCUMBERS CARROTS CHICKPEAS BELL PEPPERS TOMATOES
<b>DAIRY</b>	MILK	MILK	MILK	MILK	MILK
<b>AFTERNOON SNACK</b>	FRESH FRUIT CHEESE AND CRACKERS SIDE OF FRUIT	CUCUMBERS RANCH DIP WITH FRUIT SLICES SIDE OF FRUIT	BANANA WRAP WITH STRAWBERRY JAM SIDE OF FRUIT	RICE CAKES WITH APPLE BUTTER SIDE OF FRUIT	CHERRY TOMATOES WITH TZATZIKI DIP AND MELBA TOAST SIDE OF VEGETABLES

