

# NUTRITION MENU GUIDE

- AM SNACK OFFERED TO INFANT ROOM ONLY  
MENU ROTATES WEEKLY

	MON	TUES	WED	THURS	FRI
WEEK ONE & THREE	<b>BREAKFAST-</b> OATMEAL/FRESH FRUIT <b>AM SNACK-</b> APPLE SAUCE <b>LUNCH-</b> CHICKEN FRY'S, SWEET POTATOES & VEGGIES <b>PM SNACK-</b> CHIPS & BEAN DIP	<b>BREAKFAST-</b> EGGS, SAUSAGE, HASH BROWNS <b>AM SNACK-</b> GOLDFISH & FRUIT <b>LUNCH-</b> GRILLED CHEESE & TOMATOE SOUP <b>PM SNACK-</b> BISCUITS & JAM	<b>BREAKFAST-</b> PANCAKES/MILK <b>AM SNACK-</b> FIG NEWTONS & CHEESE <b>LUNCH-</b> SOFT TACO'S, RICE & BEANS <b>PM SNACK-</b> STRING CHEESE & FRUIT	<b>BREAKFAST-</b> CEREAL & FRUIT <b>AM SNACK-</b> MUFFINS/MILK <b>LUNCH-</b> ALFREDO NOODLES, VEGGIES & GARLIC BREAD <b>PM SNACK-</b> CORN BREAD MUFFINS & MILK	<b>BREAKFAST-</b> MUFFINS & MILK <b>AM SNACK-</b> VEGGIES/DIP <b>LUNCH-</b> PIZZA <b>PM SNACK-</b> POP CORN
WEEK TWO & FOUR	<b>BREAKFAST-</b> OATMEAL/FRESH <b>AM SNACK-</b> APPLE SAUCE <b>LUNCH-</b> SPAGHETTI, GARLIC BREAD & APPLE SAUCE <b>PM SNACK-</b> CHIPS & BEAN DIP	<b>BREAKFAST-</b> EGGS, SAUSAGE, HASH BROWNS <b>AM SNACK-</b> GOLDFISH & FRUIT <b>LUNCH-</b> CHICKEN CHEESE QUESADILLAS W/ VEGGIES <b>PM SNACK-</b> BISCUITS & JAM	<b>BREAKFAST-</b> PANCAKES/MILK <b>AM SNACK-</b> FIG NEWTONS & CHEESE <b>LUNCH-</b> SLOPPY JOES & TATER TOTS W/ VEGGIE <b>PM SNACK-</b> STRING CHEESE & FRUIT	<b>BREAKFAST-</b> CEREAL & FRUIT <b>AM SNACK-</b> MUFFINS/MILK <b>LUNCH-</b> HOT DOGS, CHIPS, & BAKED BEANS <b>PM SNACK-</b> CORN BREAD MUFFINS & MILK	<b>BREAKFAST-</b> MUFFINS & MILK <b>AM SNACK-</b> VEGGIES/DIP <b>LUNCH-</b> PIZZA <b>PM SNACK-</b> POP CORN