



College Park Child Care

Weekly Menu Week 1

MON

SNACK 9:30 AM
Graham Crackers
Apple Sauce
Milk

LUNCH 11:30 AM
Beef Stew
W.W toast
Milk

SNACK 2:30
Pizza Dip with
crackers
Cheese Slices

TUES

SNACK 9:30 AM
Oatmeal
Fresh Fruit
Milk

LUNCH 11:30 AM
Italian dunkers
Tomato & Meat
sauce
Milk

SNACK 2:30
Yogurt
Fruit Medley

WED

SNACK 9:30 AM
W.G Cheerio's
Fresh fruit
Milk

LUNCH 11:30 AM
Sloppy Joes
Carrots
Milk

SNACK 2:30
Apple cinnamon
smoothie
W.W toast

THURS

SNACK 9:30 AM
Orange &
pineapple
smoothie
Milk

LUNCH 11:30 AM
Teriyaki Chicken &
Veg Medley
Steamed Rice
Milk

SNACK 2:30
W.W bagel
Fruit Medley

FRI

SNACK 9:30 AM
Fresh Fruit
W.W Toast

LUNCH 11:30 AM
Chicken Stew
Biscuit
Milk

SNACK 2:30
Mini muffin
Fresh Fruit
Milk



College Park Child Care

Weekly Menu Week 2

MON

SNACK 9:30 AM

Graham Crackers
Fruit Smoothie
Milk

LUNCH 11:30 AM

Cheeseburgers
Carrots
Milk

SNACK 2:30

Apple Slices
Cheese cubes

TUES

SNACK 9:30 AM

Oatmeal
Fresh Fruit
Milk

LUNCH 11:30 AM

Grilled Cheese
with Ham
Fresh Veggies

SNACK 2:30

Fresh Fruit
Graham crackers
Milk

WED

SNACK 9:30 AM

Hardboiled Eggs
Tomato Slices

LUNCH 11:30 AM

Meatloaf
Fresh Vegetables
W.W bun
Milk

SNACK 2:30

Banana Wraps
Milk

THURS

SNACK 9:30 AM

Fresh Fruit
Trail Mix

LUNCH 11:30 AM

Chicken Lemon
Rice Soup
Fresh Vegetables
Milk

SNACK 2:30

W.W. toast
Apple slices
Milk

FRI

SNACK 9:30 AM

Fresh Fruit
Mini Muffin
Milk

LUNCH 11:30 AM

Lasagna
Fresh Vegetables

SNACK 2:30

Apple Crisp
Milk



College Park Child Care

Weekly Menu Week 3

MON

SNACK 9:30 AM

Fresh Fruit
W.G Cheerios
Milk

LUNCH 11:30 AM

Pepperoni Pizza
Fresh Veggies
Milk

SNACK 2:30

Mini Muffins
Fresh Fruit

TUES

SNACK 9:30 AM

Fresh Fruit
Waffles
Milk

LUNCH 11:30 AM

Poultry Broccoli
Bake
W.W. Bun
Milk

SNACK 2:30

Fresh Fruit
Graham crackers

WED

SNACK 9:30 AM

Apple slices
Cheese Chunks
Milk

LUNCH 11:30 AM

Hotdogs
Fresh Veggies
Milk

SNACK 2:30

Bannock with Jam
Fresh Fruit

THURS

SNACK 9:30 AM

Fresh Fruit
Mini Muffins
Milk

LUNCH 11:30 AM

Chicken Alfredo
Pasta
Fresh Vegetables
Milk

SNACK 2:30

Oatmeal bar
Fresh Fruit

FRI

SNACK 9:30 AM

Fresh Fruit
W.W toast
Milk

LUNCH 11:30 AM

Ham & W.W. Buns
Fresh Vegetables

SNACK 2:30

Fruit Smoothie
Milk



College Park Child Care

Weekly Menu Week 4

MON

SNACK 9:30 AM

Fresh Fruit
Banana Bread
Milk

LUNCH 11:30 AM

Chicken Fried Rice
with vegetables
Milk

SNACK 2:30

Mini Muffins
Fresh Fruit

TUES

SNACK 9:30 AM

Fresh Fruit
Mini Muffin

LUNCH 11:30 AM

Lasagna
Milk

SNACK 2:30

Apple Crisp
Fresh Fruit

WED

SNACK 9:30 AM

Fresh Fruit
Oatmeal
Milk

LUNCH 11:30 AM

Fish Chowder
W.W bun
Milk

SNACK 2:30

Graham Crackers
Fresh Fruit

THURS

SNACK 9:30 AM

Apple Slices
Mini Muffins

LUNCH 11:30 AM

Chicken Pot Pie
Milk

SNACK 2:30

Hardboiled Eggs
Chef Salad
Milk

FRI

SNACK 9:30 AM

Fresh Fruit
Cottage Cheese

LUNCH 11:30 AM

Bagel
Garden Salad with
ham
Milk

SNACK 2:30

Pretzels
Fresh Veggies
Milk



College Park Child Care

Weekly Menu Week 5

MON

SNACK 9:30 AM

Fresh Fruit
W.W Toast
Milk

LUNCH 11:30 AM

Hamburger Soup
W.W Bun
Milk

SNACK 2:30

Mini Pizzas

TUES

SNACK 9:30 AM

Overnight French
Toast
Strawberries
Milk

LUNCH 11:30 AM

Sweet Meatballs
Brown Rice
Fresh vegetables
Milk

SNACK 2:30

Banana Wraps
with wow butter

WED

SNACK 9:30 AM

Fresh Fruit
W.W Cinnamon
Toast

LUNCH 11:30 AM

Pork Meatballs
Brown Rice
Fresh Vegetables
Milk

SNACK 2:30

Mini Muffin
Fresh Fruit
Milk

THURS

SNACK 9:30 AM

Fresh Fruit
Smoothies
W.G. Cheerios
Milk

LUNCH 11:30 AM

Cheeseburgers
Salad
Milk

SNACK 2:30

Cheese biscuits
Fresh Vegetables

FRI

SNACK 9:30 AM

Fresh Fruit
Waffles
Milk

LUNCH 11:30 AM

Beef Barley Soup
Bannock
Milk

SNACK 2:30

Oatmeal Fruit
Crumble



College Park Child Care

Weekly Menu Week 6

MON

SNACK 9:30 AM

Fresh Fruit
Bran Muffins
Milk

LUNCH 11:30 AM

Poultry Vegetable
Soup
Crackers
Milk

SNACK 2:30

Mini Muffins
Vegetable Slices

TUES

SNACK 9:30 AM

Fresh Fruit
Cheese Cubes

LUNCH 11:30 AM

Poultry and Rice
Casserole
Milk

SNACK 2:30

Tomato Salad
Naan Bread
Milk

WED

SNACK 9:30 AM

Fresh Fruit
Toasted Bagel

LUNCH 11:30 AM

Cajun Chicken
Pasta
Fresh Vegetables
Milk

SNACK 2:30

Roasted Sunflower
Seeds
Mixed Vegetables
Milk

THURS

SNACK 9:30 AM

Hardboiled Eggs
Fruit Slices
Milk

LUNCH 11:30 AM

Salmon Alfredo
Pasta
Broccoli
Milk

SNACK 2:30

Fresh Fruit
Yogurt

FRI

SNACK 9:30 AM

Fruit Salad
Graham Crackers
Milk

LUNCH 11:30 AM

Poultry Vegetable
Soup
W.W. Bread
Milk

SNACK 2:30

Roasted Sunflower
Seeds
Vegetable Slices



College Park Child Care

Weekly Menu Week 7

MON

SNACK 9:30 AM

Fresh Fruit
Yogurt

LUNCH 11:30 AM

Poultry Strips
Garlic Bread
Fresh Vegetables
Milk

SNACK 2:30

Mini Muffins
Vegetable Slices
Milk

TUES

SNACK 9:30 AM

Fresh Fruit
Sunflower Seeds

LUNCH 11:30 AM

Pulled Pork
Sandwiches
Fresh Vegetables
Milk

SNACK 2:30

Tomato & Pepper
Salad
Pita Bread
Milk

WED

SNACK 9:30 AM

Fresh Fruit
WW Toast
Milk

LUNCH 11:30 AM

Korean Pork
Rice
Green Beans
Milk

SNACK 2:30

Mini Muffin
Fresh Fruit

THURS

SNACK 9:30 AM

Fresh Fruit
Cottage Cheese

LUNCH 11:30 AM

Beef Stroganoff
Fresh Vegetables
Milk

SNACK 2:30

Fresh Fruit
Honey Cocoa
Lentil Balls
Milk

FRI

SNACK 9:30 AM

Fresh Fruit
Mini Pancakes
Milk

LUNCH 11:30 AM

Vegetable Egg
Casserole
W.W. Toast
Milk

SNACK 2:30

Chef Salad with
Ham



College Park Child Care

Weekly Menu Week 8

MON

SNACK 9:30 AM

Apple Sauce
Naan Bread

LUNCH 11:30 AM

Soft Shelled Tacos
Tomatoes
Milk

SNACK 2:30

W.W Toast
Fruit Salad
Milk

TUES

SNACK 9:30 AM

Fresh Fruit
Oatmeal
Milk

LUNCH 11:30 AM

Tomato Rice Soup
Chicken Drumstick
Milk

SNACK 2:30

Vegetable slices
Crackers

WED

SNACK 9:30 AM

Fresh Fruit
Mini Muffin
Milk

LUNCH 11:30 AM

Chili
Buttered WW
Toast
Milk

SNACK 2:30

Mini Muffin
Fresh Fruit

THURS

SNACK 9:30 AM

Apple Slices
Mini Muffin
Milk

LUNCH 11:30 AM

Chicken Pot Pie
Milk

SNACK 2:30

Rice Pudding
Fresh Fruit

FRI

SNACK 9:30 AM

Fresh Fruit
Bannock
Milk

LUNCH 11:30 AM

Hard boiled egg
Bagel
Fresh Vegetables
Milk

SNACK 2:30

Spinach dip
Naan Bread
Fresh Vegetables



College Park Child Care

Weekly Menu Week 9

MON

SNACK 9:30 AM

Apples
Cheese Chunks
Milk

LUNCH 11:30 AM

Chicken Parmesan
Egg Noodles
Milk

SNACK 2:30

Fresh Vegetables
Mini Muffin

TUES

SNACK 9:30 AM

Melon
Mini Muffin
Milk

LUNCH 11:30 AM

Beef and Broccoli
Stir fry
Milk

SNACK 2:30

Whole Grain
Cheerios
Fresh Fruit

WED

SNACK 9:30 AM

Fresh Fruit
Mini Muffin
Milk

LUNCH 11:30 AM

Ham, Cheese,
Tomato Pizza
Milk

SNACK 2:30

Apple Slices
Yogurt

THURS

SNACK 9:30 AM

Fresh Fruit
W.G Cheerios
Milk

LUNCH 11:30 AM

Hawaiian Pork
Rice
Mixed Vegetables
Milk

SNACK 2:30

Fruit Smoothie
Graham Crackers

FRI

SNACK 9:30 AM

Fresh Fruit
Graham Crackers
Milk

LUNCH 11:30 AM

Chicken Chow
Mein
Milk

SNACK 2:30

Pita Chips
Fresh Fruit



College Park Child Care

Weekly Menu Week 10

MON

SNACK 9:30 AM

Apples
WW Toast

LUNCH 11:30 AM

Tuna Wrap
Fresh Vegetable
Milk

SNACK 2:30

Oranges
Mini Muffin

TUES

SNACK 9:30 AM

Fresh fruit
Waffle

LUNCH 11:30 AM

Chicken
Quesadilla
Garden Salad
Milk

SNACK 2:30

Banana wow
butter wraps
Milk

WED

SNACK 9:30 AM

Fresh Fruit
WW Toast
Milk

LUNCH 11:30 AM

BBQ meat balls
Rice
Fresh Vegetables
Milk

SNACK 2:30

Cucumber &
Tomato slices
Cheese Cubes

THURS

SNACK 9:30 AM

Melon
Hardboiled Eggs
Milk

LUNCH 11:30 AM

Chicken Ranch
Wraps
Mixed Vegetables
Milk

SNACK 2:30

Chocolate
pudding
Fresh Fruit

FRI

SNACK 9:30 AM

Fresh Fruit
Yogurt

LUNCH 11:30 AM

Tuna Melt
Fresh Vegetables
Milk

SNACK 2:30

Berries
Mini Muffins
Milk



College Park Child Care

Weekly Menu Week 11

MON

SNACK 9:30 AM

Apple sauce
Graham Crackers
Milk

LUNCH 11:30 AM

Ham & Cheese
Sandwich
Fresh Vegetables
Milk

SNACK 2:30

Fresh Fruit
Mini Muffin

TUES

SNACK 9:30 AM

Mini Muffin
Apple Slices
Milk

LUNCH 11:30 AM

Lasagna
Milk

SNACK 2:30

Crackers with
Hummus and
Carrots

WED

SNACK 9:30 AM

Fresh Fruit
W.W Toast
Milk

LUNCH 11:30 AM

Bruchetta Bake
with Chicken and
Corn
Milk

SNACK 2:30

Fresh Fruit
Mini Muffin

THURS

SNACK 9:30 AM

Fresh Berries
Yogurt

LUNCH 11:30 AM

Grilled Cheese
Pizza Soup
Milk

SNACK 2:30

Fresh Vegetables
Crackers
Milk

FRI

SNACK 9:30 AM

Mini Muffin
Fresh Fruit
Milk

LUNCH 11:30 AM

Chicken Ranch
Wraps
Fresh Vegetables

SNACK 2:30

Naan Bread
Fresh Vegetables
Milk



College Park Child Care

Weekly Menu Week 12

MON

SNACK 9:30 AM

Apple slices
W.G Cheerios
Milk

LUNCH 11:30 AM

Cream of Broccoli
Soup
Ham
Biscuit

SNACK 2:30

Fresh Fruit
Frozen Yogurt
Milk

TUES

SNACK 9:30 AM

Fresh Fruit
Mini Muffin
Milk

LUNCH 11:30 AM

Poultry Strips
Rice
Fresh Vegetables

SNACK 2:30

Cheerio Bars
Fresh Fruit
Milk

WED

SNACK 9:30 AM

Banana
W.G. Cheerios
Milk

LUNCH 11:30 AM

Shepard Pie
Milk

SNACK 2:30

Apples
W.W. Toast

THURS

SNACK 9:30 AM

Oranges
Graham Cracker
Milk

LUNCH 11:30 AM

Macaroni &
Cheese
Ham
Fresh Vegetables
Milk

SNACK 2:30

Crackers
Tomato Slices
Cheese

FRI

SNACK 9:30 AM

Fresh Fruit
Bagels
Milk

LUNCH 11:30 AM

Poultry Burgers
Garden Salad

SNACK 2:30

Mini Muffin
Raisins