

# DAYCARE WEEKLY MENU



<b>JANUARY</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK</b>
<b>MONDAY</b> <b>3</b>	Pancake (syrup), Fresh Slice Apples, Milk.	Black Beans & White Rice Fish Nuggets Shape, Mixed Vegetables, Pineapple Tidbits, Milk.	Wheat Twins Crackers, Assorted Juice.
<b>TUESDAY</b> <b>4</b>	Cheerios Cereal (GF), Fruit Cocktail, Milk.	Spaghetti with Ham (Sauce & Cheese), Peas and Carrots, Fruit Cocktail, Milk.	Assorted Yogurt, Goldfish Crackers.
<b>WEDNESDAY</b> <b>5</b>	Biscuit (Butter), Fresh Sliced Orange, Milk.	Pork "Picadillo", Brown Rice, Sweet plantains, Diced Peach. Milk.	Animal Crackers, Orange Sections (cup). Milk.
<b>THURSDAY</b> <b>6</b>	Egg Patty, Whole Wheat Toast, Diced Peach, Milk.	Split Peas, Brown Rice, Meatballs, Corn, Sliced Pears, Milk.	String Cheese Stick, Saltine Crackers.
<b>FRIDAY</b> <b>7</b>	Chex Simply Cereal, Banana, Milk.	Chicken Patty on a Bun, Lettuce & Tomatoes, Tater Tots, Apple Sauce, Milk.	Assorted Mini muffins, Orange Jell-O.

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<b>MONDAY</b> <b>10</b>	French Toast Sticks (Syrup) Diced Peach, Milk.	Brown Rice, Black Beans, Chicken Nuggets, Diced Pears, Milk.	Rice Krispies (Individual), Assorted Juice.
<b>TUESDAY</b> <b>11</b>	Cheese Quesadilla, Pear, Milk.	Macaroni with Meatballs, (Cheese), Green Beans, Garlic Bread, Fruit Cocktail, Milk.	Ritz Crackers, Fruit Sorbet.
<b>WEDNESDAY</b> <b>12</b>	Assorted Mini Muffins, Fruit Cocktail (cup), Milk.	"Moro" Rice (Red Beans), Breaded Fish Sticks, Apple Sauce, Milk.	Cheese Crackers, Milk.
<b>THURSDAY</b> <b>13</b>	Corn Flakes Cereal, Orange Sections, Milk.	Rice with Baked Chicken, Peas and Carrots, Slice Peach, Milk.	Cheese Slices, Soft Tortilla.
<b>FRIDAY</b> <b>14</b>	Raising Mini Bagel, (Cream Cheese) Pear, Milk.	Beef Patty on a Bun, Lettuce & Tomatoes, Baked French Fries, Diced Peach, Milk.	Goldfish Crackers, Assorted Yogurt.

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<b>MONDAY</b> <b>17</b>	Kaiser Roll (Butter), Natural Pears, Milk.	Split Peas, Brown Rice, Ground Beef, Sliced Pears, Milk.	Ritz Crackers, Milk.
<b>TUESDAY</b> <b>18</b>	Sliced Bread Toast (Butter) Fresh Oranges, Milk.	Spaguetti with Sausage, (Red Sauce & Cheese), Green Beans, Tropical Fruit Salad, Milk.	Assorted Cookies, Apple Sauce (Individual Cups).
<b>WEDNESDAY</b> <b>19</b>	Cheese Omelet, Bread Toast, Diced Peach, Milk.	Fish Patty on a Bun, Tomatoes, Baked Sweet Potatoes, Pineapple Tibits, Milk.	Cheese Crackers, (Individual Bags), Assorted Juice.
<b>THURSDAY</b> <b>20</b>	Assorted Mini Muffin, Sliced Apples, Milk.	"Congris" (Black Beans), Chicken Tenders, Diced Peach, Milk.	Animal Crackers, Vanilla Pudding, (Sugar Free)
<b>FRIDAY</b> <b>21</b>	Mini Pancakes (Syrup), Banana, Milk.	Beef Tacos, Soft Tortilla, Lettuce & Diced Tomatoes, Chedar Cheese, Fruit Cocktail, Milk.	Fresh Sliced Apples, Veggie Strings.

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<b>MONDAY</b> <b>24</b>	Waffles (Syrup), Mix Fruit Cocktail (cup), Milk.	Black Beans, Brown Rice, Diced Chicken, Pineapple Tidbits, Milk.	Cheese Stick Strings, Wheat Crackers.
<b>TUESDAY</b> <b>25</b>	Cinnamon Raising Bagel, (Cream Cheese), Fresh Sliced Apples, Milk.	Brown Rice with Ham and Corn, Baked Chips, Assorted Juice.	Assorted Mini Muffins, Milk.
<b>WEDNESDAY</b> <b>26</b>	French Toast Sticks, (Syrup), Diced Peach, Milk.	Macaroni (Sauce and Cheese), Chicken Tenders, Sliced Pears, Milk.	Rice Krispies Treats, Assorted Jell-O.
<b>THURSDAY</b> <b>27</b>	Corn Flakes Cereal, Mix Fruit Cocktail, Milk.	Turkey Picadillo, Brown Rice, Beats and Carrots, Diced Peaches, Milk.	Goldfish Crackers, Apple Sauce.
<b>FRIDAY</b> <b>28</b>	Kaiser Roll (Butter), Banana, Milk.	Chicken Patty on a Bun, Lettuce and Tomatoes, Bake Sweet Potatoes Fries, Fruit Cocktail, Milk.	Assorted Pop Tarts, Juice.