

DAYCARE WEEKLY MENU



MARCH	BREAKFAST	LUNCH	SNACK
MONDAY Jan. 28	Pancake (syrup), Fresh Slice Apples, Milk.	Black Beans & White Rice Fish Nuggets Shape, Mixed Vegetables, Pineapple Tidbits, Milk.	Wheat Twins Crackers, Assorted Juice.
TUESDAY 1	Cheerios Cereal (GF), Fruit Cocktail, Milk.	Spaghetti with Ham (Sauce & Cheese), Peas and Carrots, Fruit Cocktail, Milk.	Assorted Yogurt, Goldfish Crackers.
WEDNESDAY 2	Biscuit (Butter), Fresh Sliced Orange, Milk.	Pork "Picadillo", Brown Rice, Sweet plantains, Diced Peach. Milk.	Animal Crackers, Orange Sections (cup). Milk.
THURSDAY 3	Egg Patty, Whole Wheat Toast, Diced Peach, Milk.	Split Peas, Brown Rice, Meatballs, Corn, Sliced Pears, Milk.	String Cheese Stick, Saltine Crackers.
FRIDAY 4	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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MONDAY 7	French Toast Sticks (Syrup) Diced Peach, Milk.	Brown Rice, Black Beans, Chicken Nuggets, Diced Pears, Milk.	Rice Krispies (Individual), Assorted Juice.
TUESDAY 8	Cheese Quesadilla, Pear, Milk.	Macaroni with Meatballs, (Cheese), Green Beans, Garlic Bread, Fruit Cocktail, Milk.	Ritz Crackers, Fruit Sorbet.
WEDNESDAY 9	Assorted Mini Muffins, Fruit Cocktail (cup), Milk.	"Moro" Rice (Red Beans), Breaded Fish Sticks, Apple Sauce, Milk.	Cheese Crackers, Milk.
THURSDAY 10	Corn Flakes Cereal, Orange Sections, Milk.	Rice with Baked Chicken, Peas and Carrots, Slice Peach, Milk.	Cheese Slices, Soft Tortilla.
FRIDAY 11	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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MONDAY 14	Kaiser Roll (Butter), Natural Pears, Milk.	Split Peas, Brown Rice, Ground Beef, Sliced Pears, Milk.	Ritz Crackers, Milk.
TUESDAY 15	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).
WEDNESDAY 16	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.
THURSDAY 17	Assorted Mini Muffin, Sliced Apples, Milk.	"Congris" (Black Beans), Chicken Tenders, Diced Peach, Milk.	Animal Crackers, Vanilla Pudding, (Sugar Free)
FRIDAY 18	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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MONDAY 21	Waffles (Syrup), Mix Fruit Cocktail (cup), Milk.	Black Beans, Brown Rice, Diced Chicken, Pineapple Tidbits, Milk.	Cheese Stick Strings, Wheat Crackers.
TUESDAY 22	Cinnamon Raising Bagel, (Cream Cheese), Fresh Sliced Apples, Milk.	Brown Rice with Ham and Corn, Baked Chips, Assorted Juice.	Assorted Mini Muffins, Milk.
WEDNESDAY 23	French Toast Sticks, (Syrup), Diced Peach, Milk.	Macaroni (Sauce and Cheese), Chicken Tenders, Sliced Pears, Milk.	Rice Krispies Treats, Assorted Jell-O.
THURSDAY 24	Corn Flakes Cereal, Mix Fruit Cocktail, Milk.	Turkey Picadillo, Brown Rice, Beats and Carrots, Diced Peaches, Milk.	Goldfish Crackers, Apple Sauce.
FRIDAY 25	Kaiser Roll (Butter), Banana, Milk.	Chicken Patty on a Bun, Lettuce and Tomatoes, Bake Sweet Potatoes Fries, Fruit Cocktail, Milk.	Assorted Pop Tarts, Juice.

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MONDAY 28	Egg Patty, Whole Wheat Bread Toast, Fruit Cocktail (Cup), Milk.	Brown Rice, Ground Beef, Sweet Plantains, Sliced Pears, Milk.	Wheat Things Crackers, Vanilla Pudding.
TUESDAY 29	Corn Flakes Cereal, Fresh Orange Sliced, Milk.	Fish Patty on a Bun, Tomatoes, Curly French Fries, Fruit Cocktail, Milk. (Brown Rice Toddler Alt.)	Goldfish Pretzel Assorted Yogurt.
WEDNESDAY 30	Cinnamon Raising Bagel, (Cream Cheese), Diced Peaches, Milk.	Macaroni with Meat (Cheese), Garlic Bread, Green Beans, Sliced Apple, Milk.	Animal Crackers, Fruit Sorbet.
THURSDAY 31	Mini Pancakes (Syrup), Fresh Sliced Apples, Milk.	Seasoned Red Beans, White Rice, Chicken Nuggets, Diced Peach, Milk.	String Cheese Stick, Saltine Crackers.
FRIDAY 1	Rice Krispies Cereal, Fresh Pears, Milk.	White Rice, Diced Chicken with Soup, Pineapple Tidbits, Milk.	Assorted Mini Muffins, Apple Sauce .