

DAYCARE WEEKLY MENU - WEEK 1



| NOVEMBER | BREAKFAST | LUNCH | SNACK |
|---------------------------------|--|---|--|
| MONDAY Oct. 31 | Pancake (Syrup), Fresh Sliced Apples (Bag), Milk. | Black Beans & White Rice, Fish Sticks, Pineapple Tidbits, Milk. | Wheat Twins Crackers, Assorted Juice. |
| TUESDAY 1 | Cheerios Cereal (GF), Fresh Sliced Orange (Cup), Milk. | Spaghetti with Ham, (Sauce & Cheese), Peas and Carrots, Fruit Cocktail (Cup), Milk. | Assorted Yogurt, Goldfish Crackers. |
| WEDNESDAY 2 | Link Sausage, Diced Peach (Cup), Milk. | Pork "Picadillo", Brown Rice, Ripe Sweet Plantains, Mixed Vegetables, Milk. | Cheese Sliced, Soft Tortilla, Milk. |
| THURSDAY 3 | Biscuit (Butter) Fruit Cocktail (Cup), Milk. | Split Peas, Brown Rice, Meatballs, Corn, Milk. | Cheese Stick String, Saltine Crackers, Milk. |
| FRIDAY 4 | Chex Simply Cereal, Fresh Natural Banana, Milk. | Chicken Patty on a Bun, Lettuce & Tomatoes, Tater Tots, Apple Sauce, Milk. (Brown Rice Toddler Alt.) | Assorted Mini muffins, Orange Jell-O. |

DAYCARE WEEKLY MENU - WEEK 2

| NOVEMBER | BREAKFAST | LUNCH | SNACK |
|------------------------------|---|---|--|
| MONDAY 7 | French Toast Sticks (Syrup) Fruit Cocktail (Cup), Milk. | Brown Rice, Lentils, Chicken Nuggets, Diced Pears, Milk. | Assorted Cookies, Milk. |
| TUESDAY 8 | Cheese Quesadilla, Fresh Pears Natural, Milk. | Macaroni with Meatballs, (Cheese), Diced Peach (Cup), Garlic Bread, Milk. | Ritz Crackers, Fruit Sorbet. |
| WEDNESDAY 9 | Assorted Mini Muffins, Diced Peaches (Cup), Milk. | “Moro” Rice (Red Beans), Breaded Fish Sticks, Fruit Cocktail (Cup), Milk. | Cheese Crackers, Pudding Vanilla |
| THURSDAY 10 | Corn Flakes Cereal, Fresh Orange Natural, Milk. | Rice with Baked Chicken, Peas and Carrots, Sliced Peach, Milk. | Animal Crackers, Assorted Juice. |
| FRIDAY 11 | Raising Mini Bagel, (Cream Cheese) Fresh Banana Natural, Milk. | Turkey Burger, Lettuce & Tomatoes, Baked French Fries, Apple Sauce cup, Milk. | Goldfish Pretzel Crackers, Assorted Yogurt. |

DAYCARE WEEKLY MENU - WEEK 3

| NOVEMBER | BREAKFAST | LUNCH | SNACK |
|-------------------------------|---|---|---|
| MONDAY 14 | Kaiser Roll (Butter), Fresh Natural Pear, Milk. | Split Peas, Brown Rice, Chicken Nuggets, Sliced Peach, Milk. | Rice Krispies Treats, Milk. |
| TUESDAY 15 | Mini Pancakes, Fresh Natural Orange, Milk. | Spaguetti with Sausage, (Red Sauce & Cheese), Green Beans Three, Tropical Fruit Salad, Milk. | Ritz Crackers, Apple Sauce Cup. |
| WEDNESDAY 16 | Cheese Omelet, Bread Toast, Diced Peaches (cup), Milk. | Beef Tacos, Soft Tortilla, Lettuce & Tomatoes, Chedar Cheese, Pineapple Tidbits, Milk. (Brown Rice Toddler Alt.) | Cheese Crackers, Assorted Juice. |
| THURSDAY 17 | Assorted Mini Muffin, Fresh Sliced Apples (Bag), Milk. | “Congris” (Black Beans), Diced Chicken, Mix Vegetables, Milk. | Goldfish Pretzel Crackers, Vanilla Pudding (Sugar Free). |
| FRIDAY 18 | Mini Pancakes (Syrup), Fresh Natural Banana, Milk. | Pork Patty on a Bun, Lettuce & Tomatoes, Baked Sweet Potatoes, Fruit Cocktail (Cup), Milk. | Fresh Sliced Apples (Bag), Chips Assorted. |

DAYCARE WEEKLY MENU - WEEK 4



| NOVEMBER | BREAKFAST | LUNCH | SNACK |
|-------------------------------|---|---|---|
| MONDAY 21 | Waffles (Syrup), Fruit Cocktail (Cup), Milk. | Red Beans, Brown Rice, Diced Chicken, Chicken Tenders, Green Beans, Milk. | Cheese Stick Strings, Wheat Crackers, Milk. |
| TUESDAY 22 | Cinnamon Raising Bagel, (Cream Cheese), Fresh Sliced Apples (Bag), Milk. | Brown Rice with Pork in Sauce, Corn, Pineapple Tidbits, Milk. | Assorted Mini Muffins, Assorted Juice. |
| WEDNESDAY 23 | French Toast Sticks, (Syrup), Diced Peach (Cup), Milk. | Macaroni with Meat, (Sauce and Cheese), Pears and Carrots, Diced Pears, Milk. | Assorted Cookies, Fruit Sorbet. |
| THURSDAY 24 | Cheerios Cereal (GF), Orange Sections (cup), Milk. | Turkey Picadillo, Brown Rice, Ripe Sweet Plantains, Mixed Vegetables, Milk. | Assorted Pop Tarts, Jell-O. |
| FRIDAY 25 | Kaiser Roll (Butter), Fresh Natural Banana, Milk. | Noodle Soup, White Rice, Sliced Ham, Fruit Cocktail (Cup), Milk. | Goldfish Crackers, Apple Sauce (Cup). |

DAYCARE WEEKLY MENU - WEEK 5

| NOVEMBER | BREAKFAST | LUNCH | SNACK |
|----------------------------------|---|---|---|
| MONDAY 28 | Egg Patty, Whole Wheat Bread Toast, Fruit Cocktail (Cup), Milk. | Brown Rice, "Vaca Frita", Diced Pears, Green Beans Milk. | Rice Krispies Treats, Assorted Juice. |
| TUESDAY 29 | Chex Simply Cereal, Fresh Orange Sliced (Cup), Milk. | Fish Patty on a Bun, Lettuce & Tomatoes, Curly French Fries, Fruit Cocktail (Cup), Milk. (Brown Rice Toddler Alt.) | Goldfish Pretzel Crackers, Assorted Yogurt. |
| WEDNESDAY 30 | Cinnamon Raising Bagel, (Cream Cheese), Diced Peaches (Cup), Milk. | Macaroni, Sauce and Cheese, Garlic Bread, Green Beans, Sliced Apple, Milk. | Animal Crackers, Milk. |
| THURSDAY Dec. 1 | Mini Pancakes (Syrup), Fresh Sliced Apples (Bag), Milk. | Garbanzo Beans/ White beans, White Rice, Chicken Nuggets, Diced Peach (Cup), Milk. | Cheese Stick String,, Saltine Crackers, Milk. |
| FRIDAY Dec. 2 | Link Sausage, Fresh Natural Banana, Milk. | Rice with Vegetables, Turkey Ham, Ripe Sweet Plantains, Pinnapple Tidbits, Milk. | Assorted Mini Muffins, Apple Sauce . |