

Sample Menu

| Early Childhood Development Center | | | | |
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| Menu | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | | | | |
| 3/4 C. 1% Milk | 3/4 C. 1% Milk | 3/4 C. 1% Milk | 3/4 C. 1% Milk | 3/4 C. 1% Milk |
| WW English Muffin w/ Jelly | 1/3 c. Multi-Grain Cheerios | WW Toast w/ Butter & Honey | 1/3 c. Rice Chex | French Toast |
| 1/2 Sl. (Inf & Tod), 1 Sl. (Pre) | 1/2 c. Apple Juice | 1/2 Sl. w/ NO Honey (Infants) | 1/2 c. Orange Juice | 1/2 Sl. w/ NO Syrup (Infants) |
| 1/4 c. Pineapple (Inf & Tod) | | 1/2 Sl. (Tod), 1 Sl. (Pre) | | 1 Sl. w/ Syrup (Tod & Pre) |
| 1/2 c. Pineapple (Pre) | | 1/4 c. Apple Slices (Tod) | | 1/4 c. Peaches (Inf & Tod) |
| | | 1/2 c. Apple Slices (Pre) | | 1/2 c. Peaches (Pre) |
| LUNCH | | | | |
| 3/4 C. 1% Milk | 3/4 C. 1% Milk | 3/4 C. 1% Milk | 3/4 C. 1% Milk | 3/4 C. 1% Milk |
| 2 oz. Ginger Mayo Chicken | 1 WW Cheese Quesadilla | 1 Sloppy Joe Sandwich w/ | 1 Chicken Patty Sandwich w/ | 1 C. Beef Potatoe Pie |
| 1/4 c. Baked Beans | 1/4 c. Carrots | WW Bun | WW Bun | 1/4 c. Green Beans |
| 1/4 c. Brussel Sprouts | 1/4 c. Mandarin Oranges | 1/4 c. Mixed Veggies | 1/4 c. Oven Roasted Potatoes | 1/4 c. Pears |
| 1/4 c. Mixed Fruit | Salsa/ Sour Cream | 1/4 c. Pineapple | 1/4 c. Applesauce | 1/2 Sl. WW Bread |
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| PM SNACK | | | | |
| 1/4 c. WG Goldfish | 5 Flatbread Crisps | 1/4 c. Animal Crackers | 4 Townhouse Flipside | 1 Cheese Stick |
| 1/2 c. 1% Milk | 1/2 c. Grape Juice | 1/2 c. 1% Milk | 1/2 c. Pineapple Juice | 1/2 c. Apple Juice |
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*Children from 1 year, up to 2 years old, will be provided with Whole Milk.