

ABCD Menu 2022

	Week A	Week B	Week c	Week D
Monday	<u>Morning Snack</u> Bagel & Cream Cheese <u>Lunch</u> Chicken Nuggets Broccoli, Rice & Cheese Apple Slices (Applesauce Under 2yrs.) <u>Afternoon Snack</u> Orange Slices & Veggie Sticks	<u>Morning Snack</u> Cheese Toast W/ Clementine <u>Lunch</u> Meat Balls W/ Gravy Mashed Potatoes Carrots Mixed Fruit <u>Afternoon Snack</u> Pudding & Vanilla Wafers	<u>Morning Snack</u> Blueberry Muffins <u>Lunch</u> Teriyaki Chicken W/ Broccoli and Rice Pineapple <u>Afternoon Snack</u> Graham Crackers W/ Yogurt	<u>Morning Snack</u> Turkey Sausage &Pancakes <u>Lunch</u> Chicken Pilaf Broccoli With Cheese Pineapple <u>Afternoon Snack</u> Baked Cinnamon Apples
Tuesday	<u>Morning Snack</u> French Toast Sticks <u>Lunch</u> Soft Chicken Tacos Ranch Style Beans Diced Pears <u>Afternoon Snack</u> Vanilla Wafers & Bananas	<u>Morning Snack</u> Rice Chex W/ Apple Slices <u>Lunch</u> Soft Turkey Tacos Refried Beans Apples <u>Afternoon Snack</u> Veggie Sticks & Raisins	<u>Morning Snack</u> Bagel W/ Cream Cheese <u>Lunch</u> Bean and Cheese Quesadillas Salad Mix W/ Ranch Dressing Peaches <u>Afternoon Snack</u> Rice Cakes and Applesauce	<u>Morning Snack</u> Chex Cereal & Clementine <u>Lunch</u> Chicken Alfredo W/ Garlic Bread Sweet Peas& Carrots Mandarin Oranges <u>Afternoon Snack</u> Naan Bread & Hummus
Wednesday	<u>Morning Snack</u> Cheese Toast w/ Oranges Slices <u>Lunch</u> Salisbury Steak Mashed Potatoes Mixed Vegetables Peaches <u>Afternoon Snack</u> Vanilla Yogurt & Apple Slices	<u>Morning Snack</u> Fig Bars @ Bananas <u>Lunch</u> Chicken Pilaf Broccoli With Cheese Pineapples <u>Afternoon Snack</u> Saltine Crackers and Cheese	<u>Morning Snack</u> French Toast W/ 100% Strawberry Spread. <u>Lunch</u> Cheeseburgers Sweet Potatoes Fries Orange Slices <u>Afternoon Snack</u> Vanilla Wafers & Bananas	<u>Morning Snack</u> Waffles & Bananas <u>Lunch</u> Tomato Soup Grilled Cheese Sandwich Green Beans Mixed Fruit <u>Afternoon Snack</u> Pirate Booty
Thursday	<u>Morning Snack</u> Oatmeal W/ Apples <u>Lunch</u> Cheeseburgers Tater Tots Mandarin Oranges <u>Afternoon Snack</u> Animal Crackers & Bananas	<u>Morning Snack</u> Turkey Sausage & Biscuits <u>Lunch</u> Tomato Soup Grilled Cheese Sandwich Green Beans Mixed Fruit <u>Afternoon Snack</u> Pretzel Thins & Hummus	<u>Morning Snack</u> Multi-Grain Bagel & Cream Cheese <u>Lunch</u> Chicken Nuggets Broccoli, Rice & Cheese Apple Slices <u>Afternoon Snack</u> Orange Slices & Veggie Sticks	<u>Morning Snack</u> Waffles & Bananas <u>Lunch</u> Meatballs W/ Barbecue Sauce Mac N Cheese Tropical Fruit Mix <u>Afternoon Snack</u> Animal Crackers & Bananas
Friday	<u>Morning Snack</u> Egg & Biscuit <u>Lunch</u> Cheese Pizza Tater tots Mixed Fruit <u>Afternoon Snack</u> Pirate Booty	<u>Morning Snack</u> French Toast Sticks <u>Lunch</u> Meatballs W/ Barbecue Sauce Ranch Style Beans Mixed Fruit <u>Afternoon Snack</u> Orange Slices & Veggie Sticks	<u>Morning Snack</u> Multi-Grain Bagel & Cream Cheese <u>Lunch</u> Chicken Teriyaki Broccoli And Rice Apple Slices <u>Afternoon Snack</u> Pirate Booty	<u>Morning Snack</u> Cheese Toast <u>Lunch</u> Cheese Pizza Tater tots Mixed Fruit <u>Afternoon Snack</u> Chex Mix & Fresh Fruit

Water is provided at Lunch and Snacks. Milk is provided at Lunch. Breakfast is served from 6:30-7:15 (Serving cereal and milk). Please provide Center Director with any food allergies to items on the Menu. A cheese sandwich will be provided as a substitute for items that beef, pork and /or any meat product cannot be taken out. Substitutions are provided for under 24-month-old. Menus are subject to change, please look for postings.