

ABCD Menu

	Week A	Week B	Week C	Week D
Monday	<p><u>Morning Snack</u> Multi-grain Bagel & Cream Cheese</p> <p><u>Lunch</u> Chicken Sandwich Broccoli, Rice, & Cheese Apple Slices (Applesauce under 2yrs)</p> <p><u>Afternoon Snack</u> Orange Slices & Pretzel Thins</p>	<p><u>Morning Snack</u> Cheese Toast w/ Clementine</p> <p><u>Lunch</u> Meatballs w/ Gravy Mashed Potatoes Mixed Fruit</p> <p><u>Afternoon Snack</u> Pretzel Thins & Hummus</p>	<p><u>Morning Snack</u> Blueberry Muffins</p> <p><u>Lunch</u> Teriyaki Chicken w/ Broccoli and Rice Pineapple</p> <p><u>Afternoon Snack</u> Graham Crackers w/ Applesauce</p>	<p><u>Morning Snack</u> Turkey Sausage and Pancakes</p> <p><u>Lunch</u> Chicken Pilaf Broccoli with Cheese Pineapple</p> <p><u>Afternoon Snack</u> Baked Cinnamon Apples</p>
Tuesday	<p><u>Morning Snack</u> Whole Wheat Waffles & Berries</p> <p><u>Lunch</u> Chicken & Cheese soft Taco Black Beans Red Bell Pepper Slices</p> <p><u>Afternoon Snack</u> Animal Crackers & Banana</p>	<p><u>Morning Snack</u> Rice Chex w/ Milk And Bananas</p> <p><u>Lunch</u> Tater Tot Casserole Broccoli Applesauce</p> <p><u>Afternoon Snack</u> Veggie Straws & Raisins</p>	<p><u>Morning Snack</u> Vanilla Yogurt and Apple Slices</p> <p><u>Lunch</u> Beanie Weenies Cucumber Slices with Ranch and Pretzel Thins Fresh Bananas</p> <p><u>Afternoon Snack</u> Rice Cakes with Applesauce</p>	<p><u>Morning Snack</u> Kix Cereal and Bananas</p> <p><u>Lunch</u> Chicken Alfredo w/Garlic Toast Sweet Peas Mandarin Oranges</p> <p><u>Afternoon Snack</u> Naan Bread & Hummus</p>
Wednesday	<p><u>Morning Snack</u> Cheese Toast</p> <p><u>Lunch</u> Chicken Nuggets Peas & Corn Diced Watermelon</p> <p><u>Afternoon Snack</u> Vanilla Yogurt and Apple Slices</p>	<p><u>Morning Snack</u> Cantaloupe w/ Newton Grain Bar</p> <p><u>Lunch</u> Egg and Cheese Omelets Blueberry Muffins Turkey Sausage Patties</p> <p><u>Afternoon Snack</u> Carrots with Ranch Dip</p>	<p><u>Morning Snack</u> French Toast w/ 100% strawberry fruit spread.</p> <p><u>Lunch</u> Cheeseburger Carrots & Peas Berries & Pineapples</p> <p><u>Afternoon Snack</u> Fig Bars & Bananas</p>	<p><u>Morning Snack</u> Yogurt & Cut Blueberries</p> <p><u>Lunch</u> Fish Sticks Sweet Potato Fries Kiwi w/Raspberries</p> <p><u>Afternoon Snack</u> Pirate Botty</p>
Thursday	<p><u>Morning Snack</u> Oatmeal w/Berries</p> <p><u>Lunch</u> Beefaroni Garden Salad w/Dressing Diced Pears</p> <p><u>Afternoon Snack</u> Whole Wheat Goldfish & Cheese Cubes</p>	<p><u>Morning Snack</u> Turkey Sausage & Biscuits</p> <p><u>Lunch</u> Chicken Pasta Bake Salad w/Dressing With Berries and Pineapple</p> <p><u>Afternoon Snack</u> Saltines with American Cheese w/ Orange Slices</p>	<p><u>Morning Snack</u> Biscuit with Turkey Sausage</p> <p><u>Lunch</u> Mac N Cheese with Chicken Green Beans Mandarin Oranges</p> <p><u>Afternoon Snack</u> Trail Mix & Freeze Dried Fruit</p>	<p><u>Morning Snack</u> Cinnamon Rolls w/ Bananas</p> <p><u>Lunch</u> Chicken Sandwich Mashed Potatoes Butter w/ Cin Carrots Watermelon</p> <p><u>Afternoon Snack</u></p>
Friday	<p><u>Morning Snack</u> Egg & Biscuit</p> <p><u>Lunch</u> Fish Sticks Mashed Potatoes Green Beans w/ Orange Slices</p> <p><u>Afternoon Snack</u> SunChips w/ Cucumber slices and Ranch Dressing</p>	<p><u>Morning Snack</u> French Toast Sticks w/ Berries</p> <p><u>Lunch</u> Soft Beef Taco Avacado Black Beans & Corn</p> <p><u>Afternoon Snack</u> Mixed Fresh Fruit & Chex Mix</p>	<p><u>Morning Snack</u> Cinnamon Toast W/ Fresh Fruit</p> <p><u>Lunch</u> Taco Meat Bowl: Spanish Rice, Black Beans, Corn Topped with Diced Tomato and Shredded Cheese w/ Apple Slices</p> <p><u>Afternoon Snack</u> Pirate Booty & Clementine</p>	<p><u>Morning Snack</u> Fruit Parfait</p> <p><u>Lunch</u> Mini Turkey Corndogs Oven Mac N Cheese Green Beans Cut Grapes</p> <p><u>Afternoon Snack</u> Mixed Fruit w/Veggie Straws</p>

We offer fresh fruit daily in the afternoon.

Water is provided at Lunch and Snacks. Milk is provided at Lunch. 100% juice is provided at PM Snack. 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 olds. Menus are subject to change, please look for postings.