



Child Care Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack*	Cereal & Fruit	Breakfast Pita & Fruit	Toast & Fruit	Cereal & Fruit	English Muffins & Fruit
Lunch	Beef Lasagna Garden Salad Vegetarian Option: Vegetarian* Lasagna	Meatballs Mashed Potatoes Green Peas Vegetarian Option: Vegetarian Meatballs	Tofu Shepherd's Pie Dinner Roll Vegetarian Option As Above	Small Veg Quiche Mac & Cheese Vegetarian Option: As Above	Vegetarian Soup Turkey Wrap Vegetarian Option: Pea & Veggie Soup Veggie Wrap
Afternoon Snack	Fruit Salad Cheese & Crackers	Zucchini Bread & Cherry Tomatoes	Yogurt & Cucumbers	Fresh Fruit & Bread Sticks	Fresh Fruit Cheese & Crackers

*Milk is offered with every morning snack

Vegetarian based meals are made with TOFU based products