

it's lunch time

daycare catering specialists

monday

Baked Cod Nuggets
Vegetable Rice
Carrot Sticks
Whole Wheat Bread
Milk/Water

ALTERNATE: Tofu Nuggets

A.M. Bread Sticks, Red Pepper Hummus
Dip and Grapes
P.M. Oranges with Nutri-Grain Fruit Bars

tuesday

Chicken Cacciatore Sauce and Pasta
Chopped Romaine Lettuce, Red Cabbage,
Radish, Diced Carrots and Cucumbers
with Dressing
Whole Wheat Buns
Milk/Water

ALTERNATE: Veggie Bean Sauce

A.M. Whole Grain Cereal, Milk
and Blueberries
P.M. Whole Wheat Pitas, Tzatziki Dip
and Celery Sticks

wednesday

Baked Chicken Drumsticks
INF/TODDLER: Baked Chicken Breast
Roasted Parisienne Potatoes and Carrots
Cucumber Coins
Pumpernickle Bread
Milk/Water

ALTERNATE: Tofu Garden Patties
Halal Chicken Drumsticks/Breast

A.M. Whole Wheat English Muffins
and Fruit Preserves
P.M. Apples and Cheese Strings

thursday

Mini Beef Meatball, Spinach and Pasta Soup
Make-Your-Own Whole Wheat Buns
Beef Salami, Chicken Bologna,
Cheddar Cheese and Egg Salad
Green Pepper Slices
Milk/Water

ALTERNATE: Vegetable Bean Soup

A.M. Whole Grain Cereal, Milk and Oranges
P.M. Chicken Kielbasa, Rye Bread
and Pickles

ALTERNATE: Cheese/Tofu Cheese

friday

Whole Wheat Tortillas with Beef,
Chopped Romaine Lettuce, Cheese,
Sour Cream and Salsa
Peaches and Cream Corn Niblets
Milk/Water

ALTERNATE: Tofu/Chicken Tortillas
Halal Chicken Tortillas

A.M. Cottage Cheese, Grapes
and Bananas
P.M. Fruit Yogurt and Homemade Granola

NOTE: A.M. and P.M. SNACKS are served with Milk and/or Water

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