Municipal Child Care Menu

Week 1 – Spring/Summer

Meal or Snack	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack *Include at least 2 food groups, one of which is Vegetables & Fruit*	Cereal (G) Berries (VF) Milk (P)	Scrambled eggs (P) Toast (G) Fruit (VF) Milk (P)	Yogurt (P) Fruit (VF) Granola (G) Milk (P)	Muffins (G) Fruit (VF) Milk (P)	Pancakes/Waffles (G) Fruit (VF) Milk (P)
Mains & Sides *Include at least:* *2 Vegetables & Fruit* *1 Whole Grain* *1 Protein Food*	Macaroni and cheese (G)(P) Three-bean salad (VF)(P) Stewed Tomatoes (VF) Fruit (VF) Milk (P)	Baked fish (P) Couscous (G) Green peas (VF) Fruit (VF) Milk (P)	Chicken vegetable stir-fry (P) (VF) Pineapple sauce (VF) Whole wheat capellini (G) Fruit (VF) Milk (P)	Mexican beef & rice casserole (P)(G) Salad (VF) Fruit (VF) Milk (P)	Egg salad sandwiches (P)(G) Pasta/Vegetable salad (VF)(G) Fruit (VF) Milk (P)
Protein Alternative	N/A	Grilled Tofu (P)	Egg stir-fry (P)	Bean and rice casserole (P)	N/A
Lunch **Finger food*	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)
PM Snack *Include at least 2 food groups, one of which is Vegetables & Fruit*	Naan bread w cheese (VF)(G) Apples/pears (VF)	Strawberry oatmeal bars (VF)(G) Fruit (VF)	Cheese and crackers(P)(G) Vegetables (VF)	Cucumber cream cheese sandwiches (VF)(P)(G) Fruit/ vegetables (VF)	Fruit and yogurt (VF)(P) Fruit loaf (VF)(G)

Water is offered at all meals and snacks

(P) – Protein foods (VF) – Vegetables and Fruit (G) – Whole Grains

Municipal Child Care Menu

Week 2 – Spring/Summer

Meal or Snack	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack *Include at least 2 food groups, one of which is Vegetables & Fruit*	Oatmeal (G) Cinnamon baked bananas (VF) Milk (P)	English muffin with egg and cheese (G)(P) Fruit (VF) Milk (P)	French toast (G) Fruit/berries (VF) Milk (P)	Yogurt with granola (P)(G) Berries (VF) Milk (P)	Blueberry Scones (G)(VF) Fruit (VF) Milk (P)
Mains & Sides *Include at least:* *2 Vegetables & Fruit* *1 Whole Grain* *1 Protein Food*	Mediterranean Frittata (P) (VF) Pita bread with cheese (G) (P) Fruit VF) Milk (P)	Tuscan Fish & white beans (P) Yellow rice (G) Roasted zucchini (VF) Fruit (VF) Milk (P)	BBQ chicken with couscous (P)(G) Black bean/corn salad (P) (G) (VF) Fruit (VF) Milk (P)	Spaghetti with beef sauce (P)(G) Caesar salad (VF) Fruit (VF) Milk (P)	Vegetable cheese pizza (VF)(P)(G) Chickpea salad (P)(VF) Vegetables with dip (VF) Fruit (VF) Milk (P)
Protein Alternative	N/A	Tuscan white beans (P)	BBQ tofu (P)	Black bean sauce (P)	N/A
Lunch **Finger food*	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)
PM Snack *Include at least 2 food groups, one of which is Vegetables & Fruit*	Cereal mix (G) Apples (VF) Milk (P)	Bruschetta on baguette (VF)(G) Vegetables with dip (VF)	Banana Bread /fruit loaf (VF)(G) Fruit (VF)	Grilled cheese fingers (G)(P) Apples/Pears (VF)	Hardboiled egg slices(P) Toast (G) Vegetable (VF)

Water is offered at all meals and snacks

(P) – Protein foods (VF) – Vegetables and Fruit (G) – Whole Grains

Municipal Child Care Menu

Week 3 – Spring/Summer

Meal or Snack	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack *Include at least 2 food groups, one of which is Vegetables & Fruit*	Bagels with cheese (G) (P) Fruit (VF) Milk (P)	Egg burrito (P)(G) Fruit/vegetable (VF) Milk (P)	Fruit/Bran muffin (G) (VF) Fruit (VF) Milk (P)	Banana/berry smoothie (VF)(P) Cereal (G)	Pancakes/Waffles (G) Fruit sauce (VF) Milk (P)
Mains & Sides *Include at least:* *2 Vegetables & Fruit* *1 Whole Grain* *1 Protein Food*	Cream of vegetable soup (VF)(P) Bean w cheese quesadilla (P)(G) Fruit (VF) Milk (P)	Fish W coconut curry Rice (P)(VF)(G) Carrots (VF) Fruit (VF) Milk (P)	Baked chicken with feta & tomato (P)(VF) Couscous (G) Fattoush salad (VF) Fruit (VF) Milk (P)	Beef meatball (P) Mashed potatoes or rice (G) Corn salad (VF) Fruit (VF) Milk (P)	Chicken salad wrap (P) (G) (VF) Pasta vegetable salad (G)(VF) Vegetables (VF) Fruit (VF) Milk (P)
Protein Alternative	N/A	Tofu with coconut curry (P)	Baked eggs or tofu (P)	Black bean balls (P)	Egg salad wrap (P)
Lunch **Finger food*	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)
PM Snack *Include at least 2 food groups, one of which is Vegetables & Fruit*	Granola bar (G) Fruit (VF) Milk (P)	Black bean brownie (P)(G) Fruit (VF)	Mini English muffin pizza (G) (P) (VF) Vegetables (VF) Milk (P)	Fruit loaf (G) (VF) Fruit (VF) Cheese (P)	White bean dip (P) Crackers (G) Vegetables (VF)

Water is offered at all meals and snacks

(P) – Protein foods (VF) – Vegetables and Fruit (G) – Whole Grains

Municipal Child Care Menu

Week 4 – Spring/Summer

Meal or Snack	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack *Include at least 2 food groups, one of which is Vegetables & Fruit*	Whole wheat toast (G) Cottage cheese (P) Homemade jam (VF) Fruit (VF) Milk (P)	Overnight oats (G)(P) with fruit (VF) Milk (P)	Tofu scramble (P) Roasted potatoes Fruit (VF) Milk (P)	Yogurt/granola (P)(G) Fruit (VF) Milk (P)	Pancakes/waffles (G) Fruit (VF) Milk (P)
Mains & Sides *Include at least:* *2 Vegetables & Fruit* *1 Whole Grain* *1 Protein Food*	Baked breaded tofu (P) with marinara sauce (VF) Quinoa vegetable salad (P)(VF) Fruit (VF) Milk (P)	Fish tacos (P)(G) Coleslaw (VF) Sweet potato baked fries (VF) Fruit (VF) Milk (P)	Breaded chicken (P) Greek pasta salad (G)(VF) Tzatziki (VF)(P) Fruit (VF) Milk (P)	Beef and broccoli stir fry (P)(VF) Rice (G) Fruit (VF) Milk (P)	Chicken on a bun (P)(G) Vegetable couscous salad (VF)(G) Fruit (VF) Milk (P)
Protein Alternative	N/A	Egg tacos (P)(G)	Breaded tofu (P)	Bean and broccoli stir fry (P)(VF)	Egg on a bun (P)(G)
Lunch **Finger food*	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)
PM Snack *Include at least 2 food groups, one of which is Vegetables & Fruit*	Mini broccoli crustless quiche (G) (P) (VF) Fruit (VF)	Corn bread muffin (VF) (G) Fruit salad (VF)	Cheese quesadilla (P)(G) Fruit (VF)	Fruit loaf (VF)(G) Mixed berries with cottage cheese (P) (VF)	Cheddar scone (P)(G) Vegetables (VF)

Water is offered at all meals and snacks

(P) – Protein foods (VF) – Vegetables and Fruit (G) – Whole Grains