

Grace Children's Daycare Learning Center

Menu

Meal / Sample Menu	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Milk Apples Cereal	Milk Grape jelly Mini bagel	Milk Tangerines Muffin	Milk Banana Waffles	Milk Oranges Rice cake
Lunch	Milk Stewed chicken Broccoli Applesauce Rice	Milk Meatballs Green beans Pear Pasta/Spaghetti	Milk Fish sticks Carrots and peas Oranges Roll	Milk Turkey Carrot sticks Blueberries Rice	Milk Cheese pizza Celery/carrot sticks Peaches
Snack	Yogurt Granola	Cheese Graham crackers	Goldfish crackers banana	Cereal Apple slices	Graham crackers banana

Meal / Sample Menu	Day 6	Day 7	Day 8	Day 9	Day 10
Breakfast	Milk Apples Cereal	Milk Grape jelly Mini bagel	Milk Tangerines Muffin	Milk Banana Waffles	Milk Oranges Rice cake
Lunch	Milk Meatloaf Mashed potato Zucchini Biscuit	Milk Chicken fingers Baked sweet potato Pineapple Roll	Milk Cheese/eggs Asparagus Pear English muffin	Milk Turkey meatballs Corn and peas Nectarine Pasta/Spaghetti	Milk Mac n cheese Roasted cauliflower Apple slices Roll
Snack	Cheez it Broccoli	Milk Muffin	Apple slices Crackers	Pretzels Carrot sticks	Goldfish crackers Oranges

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5-Day Alternate Sample Menu

Meal / Sample Menu	Alt Day 1	Alt Day 2	Alt Day 3	Alt Day 4	Alt Day 5
Breakfast	Milk Peaches Pancakes	Milk Pineapple Mini croissants	Milk Melons Muffin	Milk Banana Oatmeal	Milk oranges Toast
Lunch	Milk Egg salad Corn Applesauce Croissant	Milk Yogurt Home fries Blueberry Toast	Milk Beans Carrots and peas Oranges Rice	Milk Ham and cheese Sweet potato fries Strawberry English Muffin	Milk Ground chicken/turkey Peas Melons Rice
Snack	Milk Animal crackers	Cottage cheese Peaches	Yogurt Dried Apricots	Hard boiled egg Kiwi	Cheese Mini bagel