

# Meal Rotation

Menus are frequently adjusted and posted for parent viewing. Lunches are prepared on-site in our equipped kitchen. Provide a note for diagnosed food related allergies to the Main Office.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack Week 1</b>	Manager Choice / Milk	Orange / Milk	Banana / Milk	Raisin Bran / Milk	Egg / Milk
<b>Lunch Week 1</b>	Chicken & Cheese Tortilla Melt / Pineapple / Cucumber / Milk	Diced Zucchini & Turkey in Mushroom sauce / Croutons / Strawberry / Milk	Cheese Wrap / Cucumber / Apple slice / Milk	Mac & Cheese w/ Diced Ham / Green Bean / Banana	Italian pasta & Diced Zucchini / Turkey / Strawberry / Milk
<b>Afternoon Snack Week 1</b>	Graham Cracker / Craisen / Water	Peanut Butter / Apple Slice / Water	GoGurt / Vanilla Wafer / Water	Pretzel / Cream Cheese / Water	Cracker / Sliced Cheese / Water
<b>Morning Snack Week 2</b>	Orange / Milk	Craisin / Milk	Oatmeal Cream Pie / Milk	Oatmeal Choc Chip Bar / Milk	Pineapple / Milk
<b>Lunch Week 2</b>	Peanut Butter Wrap / Banana / Carrot / Milk	Beans & Ham / Whole Grain Bread / Mix Veggies / Applesauce / Milk	Chicken & Rice / Blueberries / Carrots / Milk	BBQ Chicken & Rice / Apple Slice / Cucumber / Milk	Bologna & Cheese Sandwich / Orange / Mix Veggies Milk
<b>Afternoon Snack Week 2</b>	Zoo Cracker / Pineapple / Water	Pretzel / Peanut Butter / Water	Orange / String Cheese / Water	Honey Graham / Strawberry / Water	Cracker / Sliced Cheese / Water
<b>SUBSTITUTIONS</b>	<b>Children with diagnosed food related allergies will be provided substitutions to each meal item that contains an allergen.</b>				
<b>CONDIMENTS</b>	<b>Children will be offered condiments with each lunch meal. We keep these condiments in stock in all classrooms: ketchup, mustard, mayo, honey, ranch and bbq.</b>				
<b>EXTRA INFO</b>	<b>Menus are frequently adjusted and are in accordance with the requirements of USDA Child Care Meal Patterns. We serve larger than required serving sizes, have no limitations of milk or water served, provide a menu filled with fresh fruits/vegetables, fresh meats, and a variety of taste, color and texture. New foods are implemented every few months to encourage a wider pallet of taste.</b>				
<b>FRUITS / VEGETABLES</b>	<b>All fruits and vegetables served are either fresh or fresh frozen. We do <u>not</u> serve canned fruits or canned vegetables at our facility. We do accept donations of “garden fresh” or “Farmers Market” items for the children’s enjoyment.</b>				