

Crystal City Community Daycare Two Week Rotating Menu

WEEK 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Orange slices, graham crackers, water	Oatmeal apple bake, milk	Cereal (Cheerios), milk, water, kiwi	Yogurt, banana, crunchy oat topping, water	Fruit salad, homemade bread sticks, water
Lunch	Ww pizza bun, cheese Pepperoni, tom sauce, apple slices, green pepper milk	Fried fish, potato wedges, peas, small w.w. bannock, milk	Roast chicken, brown rice, cooked carrots, pineapple chunks, milk	Ham, Cheesy potato rounds cantaloupe, w.w. bread, butter, milk	Homemade chicken noodle soup, cucumber, apple slices, ww crackers milk
P.M. Snack	w.w. biscuit, cucumbers, water	Milk pudding, canned mandarin oranges, water	Banana bread, snap peas, water	Applesauce oat muffins, Cheese cubes, water	Homemade granola bars with chocolate chips and craisins, water

WEEK 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Oatmeal raisin cookie, applesauce	Pancakes, canned peaches, water	Pears, w.w. toast, wow butter, water	Tomato, whole wheat English muffin, water	Fruit Salad, rice cakes, water
Lunch	Beef tacos with cheese tomato, lettuce, tortilla, sour cream Milk	Potato fish cakes, peas, w.w. bun, milk	Macaroni, cheese, ham casserole, broccoli, cantaloupe, milk	BBQ chicken bannock pizza, carrot sticks, grapes, milk	Tomato and lentil soup, grilled cheese, canned pears, milk
P.M. Snack	Apple slices, low sodium pretzels, (cheerios for young infants) water	Pumpkin raisin muffin, cucumber slices, water	Shreddies, milk, banana, water	Fruit Smoothie (banana, raspberries, yogurt) graham cracker, water	Greek yogurt veggie dip, ww crackers, carrots