



HOLSCLAW CHILD CARE CENTER

Week of: SAMPLE

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Biscuit Fresh banana 1% Milk / Whole Milk	WG cold cereal raisin bran Fresh melon 1% Milk / Whole Milk	Muffin Fresh Oranges 1% Milk / Whole Milk	Raisin Toast Canned Applesauce 1% Milk / Whole Milk	HM Cheese quesadilla WGR tortilla Fresh Bell peppers 1% Milk / Whole Milk
Morning snack	Cheez-its	Graham crackers	Cheese Wheat thins	Granola Bar	Animal Crackers
Lunch	HM Chicken soft taco (diced chicken, WGR tortilla, cheese & lettuce) Frozen corn Canned pinto beans Salsa (canned tomato, onion) 1% Milk / Whole Milk	HM Sandwiches WGR bread Fresh orange Fresh cucumber 1% Milk / Whole Milk	Individual pizza Fresh carrots Fresh grapes Ranch dressing 1% Milk / Whole Milk	HM Ranch Turkey Pasta (WGR spiral noodles, diced turkey, peas, corn, olive oil & ranch mix) Steamed Broccoli Fresh pineapple 1% Milk / Whole Milk	CN Fish stars Baked tater tots Frozen mixed veggies (carrots, peas, corn & lima beans) 1 % Milk / Whole Milk
PM Snack	HM Trail Mix (granola, mini choc. Chips, WG honey nut cheerios & pretzel sticks) fresh apple water	Fresh baby carrots Mini pretzels Sour cream And ranch dip Water	Yogurt Fresh Melon Water	WG Goldfish Fresh Grapes Water	Soft pretzel Pizza Sauce Fresh Banana Water

****Fresh Fruit may be substitute due to availability. This institution is an equal opportunity provider**

HM= Home Made CN= Creditable Nutrition Label

12 to 23 months- whole milk / 24 months and older 1% milk WATER WILL BE MADE AVAILABLE THROUGHOUT THE DAY