

CHILD CARE CENTER

Menu for : December 2019 CCCC

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST 2 Cheerios Sliced Oranges, Milk LUNCH Beef Spaghetti Spaghetti WGR Noodle Garlic Bread (homeade) Green Beans Sliced Apples P.M. SNACK Bagels, Cream Cheese Dried Mango	BREAKFAST 3 WW Toast Bananas, Milk LUNCH Chicken Fajitas WW Tortilla (WGR) Refried Beans Red Peppers Milk P.M. SNACK Hard Boiled Eggs D-Strawberries, water	BREAKFAST 4 Scrambled Eggs Mixed Fruit Milk LUNCH Porcupine Sliders WGR Bun Mandarin Oranges Sweet Potato Tots Milk P.M. SNACK Yogurt Mixed Berries Water	BREAKFAST 5 English Muffins Sliced Apples LUNCH Minestrone Soup R WW Saltines Corn Orange Slices Milk P.M. SNACK Pumpkin Muffins Bananas Water	BREAKFAST 6 Bagels, Cream Cheese D-Pears, Milk LUNCH Chic Penne w/Chicken D-Dark Green Salad/Spinach D-Peaches Milk P.M. SNACK Rice Cakes Cauliflour & Carrots (Ranch)
BREAKFAST 9 Granola Yogurt Blueberries Milk LUNCH Beef Chili Corn Muffins Shredded Cheese Green Beans Orange Slices Milk P.M. SNACK Oat Muffins R 100% Apple Juice	BREAKFAST 10 Biscuits & Gravy Bananas, Milk LUNCH Sesame Chicken Asian Noodle Salad (3/4 cup veg in each serv) Mandarin Oranges Milk P.M. SNACK Triscuits Hummus Celery, Green Peppers	BREAKFAST 11 Hard Boiled Eggs D-Pears, Milk LUNCH Beef Sloppy Joes WW Bun Steamed Mixed Veggies Mixed Fruit Milk P.M. SNACK Apple Salad Granola water	BREAKFAST 12 Rice Chex D-Peaches, Milk LUNCH Scrambled Eggs French Toast Sticks Potato tots Cantaloupe Milk P.M. SNACK Orange Cheese, Ranch Carrots & Broccoli Florets	BREAKFAST 13 Pumpkin Muffins Orange Slices LUNCH Turkey & Cheese Sandwich on WW bread Celery Apple Slices Milk P.M. SNACK Bagels, Cream Cheese Dried Mango Water
BREAKFAST 16 French Toast Sticks Applesauce, Milk LUNCH Spanish Rice (Brown rice and beef) Steamed Carrots D-Pears Milk P.M. SNACK Mixed Berries Yogurt	BREAKFAST 17 Scrambled Eggs Orange Slices, Milk LUNCH Pineapple Chicken (Fruit met with recipe) Brown Rice Mixed Veggies Milk P.M. SNACK Pumpkin Muffins D-Peaches	BREAKFAST 18 Oat Muffins Bananas Milk LUNCH Egg Salad Sandwiches WW Bread Dark Green Salad-Spinach D-Apple Slices Milk P.M. SNACK Gold Fish, Celery & Carrots (Ranch)	BREAKFAST 19 Vanilla Yogurt, Mixed Berries, Milk LUNCH Chicken Curry Casserole (WGR Grain & Veggie in R) Pineapple Milk P.M. SNACK Cottage Cheese Mandarin Oranges, water	BREAKFAST 20 Cheerios Dried Mango Milk LUNCH Beef Sliders WW Bun Corn Mixed Fruit Milk P.M. SNACK Blueberry Muffins Applesauce
BREAKFAST 23 Little Bites Cereal D-Peaches, Milk LUNCH Cheese Pizza R WGR Crust D Green & Red Peppers D-Green Salad with spinach Milk P.M. SNACK Graham Crackers, Applesauce, water	BREAKFAST 24 HOLIDAY - CLOSED	BREAKFAST 25 HOLIDAY - CLOSED	BREAKFAST 26 Rice Chex D-Pears Milk LUNCH Chicken Nuggets Sweet Potato Tots Sliced Oranges Milk P.M. SNACK Cottage Cheese, Pineapple, Water	BREAKFAST 27 Biscuits & Preserves Apple Salad, Milk LUNCH Ground Turkey/Beef Stroganoff Steamed Carrots D-Pears Milk P.M. SNACK Teddy Grahams Bananas Water
BREAKFAST 30 Multigrain Cheerios Applesauce Milk LUNCH Mac & Cheese W/ Turkey Ham DS-Fresh Broccoli Orange Slices Milk P.M. SNACK Yogurt D-Peaches Water	BREAKFAST 31 Waffle Sticks, Banana, Milk LUNCH Roast Beef and Cheese Triscuit Crackers D-Cucumbers Sliced Apples Milk P.M. SNACK Gold Fish, Carrots (Hummus) Water			Dinos D-Diced/Chopped S-Steamed * Alternate Choice

Whole Milk is served to children 12-24 months, Fat Free Milk is served 24 months and up

CN: Child Nutrition Label/PFS: Product Formulation Statement (PURPLE)

Recipe on file (BLUE)

Sugar Restriction Documentation on file (GREEN)

WGR: Whole Grain Rich (ORANGE)

Vitamin-A (RED)

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