



Early Beginnings Daycare

Week #1



WEEK #1	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Snack</u>	Fresh Fruit Cereal, Cheerios Milk	Fresh Fruit Breakfast Pita Milk	Fresh Fruit Bagels and Cream Cheese Milk	Fresh Fruit Homemade Muffins Milk	Fresh Fruit Cereal, Rice Krispies Milk
<u>Lunch</u>	Raw Veggies Macaroni & Cheese Green beans Bread Water Fruit	Cucumber slices Barley & Bean Soup Egg salad and cheese sandwiches Water Fruit	Assorted finger veggies Fish sticks Mashed potatoes Baby carrots Water Fruit	Tomato slices Chicken Stir Fry Rice with mixed vegetables Water Fruit	Red & Green Peppers Pea Soup Homemade Pizza Water Fruit
<u>Afternoon Snack</u>	Fresh Fruit Homemade Wow Butter Granola Bars Milk & Water	Fresh Fruit Homemade "Bits & Bites" with Raisins Water	Fresh Fruit Smoothies Animal Crackers Milk & Water	Fresh Fruit Veggie Straws Hummus Water	Fresh Fruit Baked goods Milk & Water

*Breakfast cereals include Cheerios, Rice Krispies, Corn Flakes and Crispix.



Early Beginnings Daycare

Week #2



WEEK #2	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Snack</u>	Fresh Fruit Cereal Milk	Fresh Fruit Cranberry-Orange Breakfast Pitas Milk	Fresh Fruit Homemade Muffins Milk	Fresh Fruit Bagels or challah and Cream Cheese Milk	Fresh Fruit Yogurt and Granola Milk
<u>Lunch</u>	Finger Veggies Butternut Squash Soup Grilled Cheese Sandwiches Water Fruit	Cucumber slices Vegetarian Pasta Sauce with Lentils Pasta Corn Water Fruit	Finger Veggies Barley and Bean Soup Tuna Melts Water Fruit	Tomatoes Homemade Chicken Fingers Rice Mixed Vegetables Water Fruit	Green Peppers Macaroni & Cheese Green Beans Water Fruit
<u>Afternoon Snack</u>	Fresh Fruit Melba Toast Cream Cheese Milk & Water	Pineapple Chunks Pita with Wow Butter Water	Fresh Fruit Applesauce Crackers Milk & Water	Fresh Fruit Hummus Pretzel crackers Water	Fresh Fruit Homemade Oatmeal Banana Muffins Milk & Water

*Breakfast cereals include Cheerios, Rice Krispies, Corn Flakes, and Crispix.



Early Beginnings Daycare

Week #3



WEEK #3	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Snack</u>	Fresh Fruit Cereal Milk	Fresh Fruit Homemade Muffins Milk	Fresh Fruit English Muffins Cream Cheese Milk	Fresh Fruit Cranberry Orange Breakfast Pita Milk	Fresh Fruit Cereal Milk
<u>Lunch</u>	Finger Veggies Vegetarian Lasagna Baby Carrots Water Fruit	Cucumber slices Matzah Ball & Barley Soup Chicken Salad Sandwiches Water Fruit	Finger Veggies Pea Soup Egg Salad, Tuna Salad, and Cheese Wraps Water Fruit	Tomato slices Homemade Chili Rice Corn Water Fruit	Raw Vegetable plate Scrambled Eggs Bagels/Challah Cream Cheese Water Fruit
<u>Afternoon Snack</u>	Fresh Fruit Crackers & Wow Butter Milk & Water	Fresh Fruit Homemade "Bits & Bites" with Raisins Water	Fresh Fruit Fruit Smoothies Animal Crackers Milk & Water	Fresh Fruit Veggie Straws Hummus Water	Fresh Fruit Cheddar Penguin Crackers Milk & Water

*Breakfast cereals include Cheerios, Rice Krispies, Corn Flakes, and Crispix.



Early Beginnings Daycare

Week #4



WEEK #4	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Snack</u>	Fresh Fruit Cereal Milk	Fresh Fruit Bagels & Cream Cheese Milk	Fresh Fruit Cranberry Orange Breakfast Pita Milk	Fresh Fruit Homemade Muffins Milk	Fresh Fruit Cereal Milk
<u>Lunch</u>	Raw Veggies Barley & Bean soup Tuna Melts Water Fruit	Tomato Slices Homemade Meatballs with shell pasta Baby Carrots Water Fruit	Raw Veggies Carrot Soup Grilled Cheese Sandwiches Water Fruit	Cucumbers Homemade Chicken Fingers with Rice Mixed Vegetables Water Fruit	Raw Veggies Minestrone Soup Egg Salad, Hummus, and Cheese Wraps Water Fruit
<u>Afternoon Snack</u>	Fresh Fruit Wow Butter Crackers Milk & Water	Raw Veggie Plate Pita and Hummus Water	Fresh Fruit Applesauce Animal Crackers Water	Fresh Fruit Pretzel Crackers Wow Butter Raisins Water	Fresh Fruit Challah Cream Cheese Milk & Water

*Breakfast cereals include Cheerios, Rice Krispies, Corn Flakes, and Crispix.