

## CHILD'S PARADISE DAY CARE CENTRE 4-WEEK MENU PLAN

'Vegetable'- can include salad, cooked veggies, raw veggies or veggies and dip.

'Fruit' –can include fresh, frozen, or canned varieties

<b>WEEK 1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>a.m. snack</b>	Waffles Yogurt Juice	English Muffins Jam or cheese spread Juice	Cereal w Milk Juice	Fruit Digestive Crackers Juice	Eggs Toast Juice
<b>Lunch</b>	Vegetable / Tomato Soup Crackers Ham sandwiches Milk Fruit	Rice, Cheddar Cheese & Broccoli Casserole Pickles Bread or Buns Milk Fruit	Sloppy Joe's Buns or rice Vegetables Milk Jell-O with Fruit	Shepherd's Pie (meat, corn, potatoes) Bread/buns Milk Pudding	Chicken soup Vegetables Bun Milk Fruit
	Mini Pitas Cheese Vegetables Water	Chocolate cake Water	Rice Cakes Cheese Water	Cream cheese Apple slices/Melba Toast Water	Vegetables Dip Water
<b>WEEK 2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>a.m. snack</b>	Muffins Juice	French toast Juice	Cereal w Milk Juice	Melba toast Apple butter or sauce Juice	Yogurt Toast Juice
<b>Lunch</b>	Macaroni & Chd Cheese Baked Casserole Vegetables Milk Bread/Buns Pudding	Hamburger Soup Bread/buns Milk Fruit	Grilled Ham & Cheese Sandwiches Pickles Milk Fruit	Meat Lasagna Vegetables Garlic Bread Milk Jell-O with fruit	Pepperoni Pizza Vegetables Milk Fruit
<b>p.m. snack</b>	Rice cakes Fruit Water	Cheddar Cheese Crackers Water	Banana Bread Fruit Water	Bread sticks Vegetables & Dip Water	Bagels Cream cheese Water
<b>WEEK 3</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>a.m. snack</b>	Toast Jam/Cheese spread Juice	Sliced Fruit Graham Crackers Juice	Cereal w Milk Juice	Waffles with Yogurt & Syrup Juice	Muffins Fruit Juice
<b>Lunch</b>	Chicken Nuggets Baked Fries Milk Pudding	Pancakes & syrup 2 Vegetables Milk Fruit	Fish Sticks Mash Potatoes & Veg Bread Milk Jell-O with Fruit	Chicken Noodle or Split Pea Soup Whole wheat bread/buns Milk Fruit	Pasta w Meat Sauce Vegetables Bread Milk Fruit
<b>p.m. snack</b>	Scrambled eggs Water	Cheddar Cheese Crackers Water	Fruit Digestive Cookies Water	Melba Toast Butter and Salmon spread Water	Nachos, cheese & salsa Water
<b>WEEK 4</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>a.m. snack</b>	Toast Scrambled Eggs Juice	Cereal with Milk Juice	Toast & spread Juice	Waffles with Yogurt Juice	English Muffins Fruit Juice
<b>Lunch</b>	Sausages 2 Vegetables Bread Milk Fruit	Hamburger Soup Vegetables Bread Milk Date / Lemon Squares	Sweet & Sour Meatballs Rice Vegetables Milk Jell-O with Fruit or Pudding	Lasagna Veggies Buns Milk Fruit	Hash Brown, Ham & Cheese Casserole Vegetables Milk Oatmeal Cookies
<b>p.m. Snack</b>	Bread sticks Veggies & Dip Water	Cold Cut Pita wraps Water	Cheddar Cheese Apples Water	Bits & Bites Water	Bagels & Cream Cheese Water