

Menu Sample

CHILDREN'S ENRICHMENT CENTER				NUT FREE MENU					
Monday		Tuesday		Wednesday		Thursday		Friday	
	a.m. Pancakes (2 oz.)		a.m. Raisin Toast (1)		a.m. Oatmeal (1 cup)		a.m. Yogurt & Fruit (3 oz.)		a.m. Cereal (1 cup)
5 oz.	Tortellini	4 oz.	Turkey Joe's	4 oz.	Chicken Sandwich	4 oz.	Macaroni &	4 oz.	Sandwiches
4 oz.	Garlic Bread	1	Bun	1 Slice	Sweet Potatoes	4 oz.	Cheese	3 oz.	Veggie Straws
4 oz.	Salad	4 oz.	Vegetables	4 oz.	Vegetables	4 oz.	Vegetables	4 oz.	Vegetables
4 oz.	Fruit	4 oz.	Fruit	4 oz.	Fruit	4 oz.	Fruit	4 oz.	Fruit
3 oz.	p.m. Pretzels	3 oz.	p.m. String Cheese w/ craisins	3 oz.	p.m. Triscuits	3 oz.	p.m. Cucumber dip & naan	3 oz.	p.m. Wheat Thins
	a.m. English Muffin (1)		a.m. Biscuits with Jam (1)		a.m. Bagel & Cream Cheese (1)		a.m. Cereal (1 cup)		a.m. Scrambled Eggs (1.5 oz.)
4 oz.	Spaghetti	4 oz.	Teriyaki Chicken	4 oz.	Meatballs	4 oz.	Quesadilla	4 oz.	Sandwiches
1 Slice	Garlic Bread	4 oz.	Brown Rice	4 oz.	Mashed Potatoes	4 oz.	Spanish Rice	3 oz.	Sun Chips
4 oz.	Salad	4 oz.	Vegetables	4 oz.	Vegetables	4 oz.	Vegetables	4 oz.	Vegetables
4 oz.	Fruit	4 oz.	Fruit	4 oz.	Fruit	4 oz.	Fruit	4 oz.	Fruit
3 oz.	p.m. Belvita Bar	3 oz.	p.m. Hummus & Pita Chips	3 oz.	p.m. Rice Cakes	3 oz.	p.m. Fig Bars	3 oz.	p.m. Organic Apple Sauce w/ graham cracker (1)
	a.m. Waffles (1)		a.m. Yogurt & Fruit (3 oz.)		a.m. Apple Slices & wow butter (3 oz.)		a.m. Pancakes (2 oz.)		a.m. Oatmeal (1 cup)
4 oz.	Macaroni &	4 oz.	Turkey Tacos	4 oz.	Burgers	4 oz.	Cheese Rice	4 oz.	Sandwiches
4 oz.	Cheese	4 oz.	Beans	4 oz.	Organic Spuds	4 oz.	Beans	3 oz.	Organic Tortilla Chips
4 oz.	Vegetables	4 oz.	Vegetables	4 oz.	Vegetables	4 oz.	Vegetables	4 oz.	Vegetables
4 oz.	Fruit	4 oz.	Fruit	4 oz.	Fruit	4 oz.	Fruit	4 oz.	Fruit
3 oz.	p.m. Chex Mix	3 oz.	p.m. Harvest Snaps	3 oz.	p.m. Cheezits	4 oz.	p.m. Pretzels	3 oz.	p.m. String Cheese w/ craisins
	a.m. Bagel & Cream Cheese (1)		a.m. Scrambled Eggs (1.5 oz.)		a.m. Sourdough Toast with jam (1)		a.m. French Toast (1)		a.m. Cereal (1 cup)
4 oz.	Chicken Nuggets	4 oz.	Raviolis	4 oz.	Fish	4 oz.	Bean and Cheese	4 oz.	Sandwiches
4 oz.	Mashed Potatoes	4 oz.	Garlic Bread	4 oz.	Brown Rice		burritos	3 oz.	Sweet Potato Chips
4 oz.	Vegetables	4 oz.	Salad	4 oz.	Vegetables	4 oz.	Vegetables	4 oz.	Vegetables
4 oz.	Fruit	4 oz.	Fruit	4 oz.	Fruit	4 oz.	Fruit	4 oz.	Fruit
3 oz.	p.m. Pretzels	3 oz.	p.m. Cheddar Puffs (pirate)	3 oz.	p.m. Organic Apple Sauce w/ graham cracker (1)	3 oz.	p.m. Cheese Sticks w/ craisins	3 oz.	p.m. Goldfish
	a.m. Raisin Toast (1)		a.m. Cereal (1 cup)		a.m. Oatmeal bars (1)		a.m. Waffles (1)		a.m. Oatmeal (1 cup)
4 oz.	Pasta with Protein	4 oz.	Burgers	4 oz.	Pizza	4 oz.	Chicken Taquitos	4 oz.	Sandwiches
1 slice	Garlic Bread	4 oz.	Organic Spuds	4 oz.	Vegetables	4 oz.	Black Beans	3 oz.	Organic Tortilla Chips
4 oz.	Salad	4 oz.	Vegetables	4 oz.	Fruit	4 oz.	Corn	4 oz.	Vegetables
4 oz.	Fruit	4 oz.	Fruit			4 oz.	Fruit	4 oz.	Fruit
3 oz.	p.m. Crackers w/ Wow butter	3 oz.	p.m. Organic Animal Crackers	3 oz.	p.m. Dried Fruit	3 oz.	p.m. Chex Mix	3 oz.	p.m. Wheat Thins

Morning snack served at 9:30 a.m.

Lunch served at 12:00 noon

Afternoon snack served at 3:00 p.m.

6 oz. of milk served with a.m. snack and lunch

6 oz. of juice served with p.m. snack

Organic Fruits & Vegetables when available

Meals subject to change