

Menu Sample

CHILDREN'S ENRICHMENT CENTER			NUT FREE MENU						
Monday		Tuesday		Wednesday		Thursday		Friday	
	a.m. Pancakes (2 oz.)		a.m. Sourdough Toast with jam (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	4 oz.	Mashed Potatoes	4 oz.	Cheese	3 oz.	Veggie Straws
1 Slice	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. Wheat Thins	3 oz.	p.m. Chex Mix
	a.m. English Muffin (1)		a.m. Cereal (1 cup)		a.m. Pancakes (2 oz.)		a.m. Apple Slices & Sun Butter (3 oz.)		a.m. Oatmeal (1 cup)
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	4oz.	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. Goldfish	3 oz.	p.m. Rice Cakes	3 oz.	p.m. Fig Bars	3 oz.	p.m. Harvest Snaps
	a.m. Waffles (1)		a.m. Yogurt & Fruit (3 oz.)		a.m. Biscuits with Jam (1)		a.m. Sourdough Toast with jam (1)		a.m. French Toast (1)
4 oz.	Macaroni &	4 oz.	Turkey Nachos	4 oz.	Spaghetti	4 oz.	Burger w/bun	4 oz.	Sandwiches
4 oz.	Cheese	4 oz.	Beans	1 Slice	Garlic Bread	4 oz.	Mashed Potatoes	3 oz.	Organic Tortilla Chips
4 oz.	Vegetables	4 oz.	Vegetables	4 oz.	Salad	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. Cheezits	3 oz.	p.m. Wheat thins	4 oz.	p.m. Pretzels	3 oz.	p.m. Goldfish
	a.m. Boiled Egg with dried fruit (1.5 oz.)		a.m. Bagel & Cream Cheese (1)		a.m. Raisin Toast (1)		a.m. Oatmeal (1 cup)		a.m. Cereal (1 cup)
4 oz.	Pizza	4 oz.	Chicken Nuggets	4 oz.	Fish	4 oz.	Quesadilla	4 oz.	Sandwiches
4 oz.	Vegetables	4 oz.	Mashed Potatoes	4 oz.	Brown Rice	4oz.	Refried Beans	3 oz.	Sweet Potato Chips
4 oz.	Fruit	4 oz.	Vegetables	4 oz.	Vegetables	4oz.	Vegetables	4 oz.	Vegetables
		4 oz.	Fruit	4 oz.	Fruit	4 oz.	Fruit	4 oz.	Fruit
3 oz.	p.m. Pretzels	3 oz.	p.m. Organic Animal Crackers	3 oz.	p.m. Fig Bars	3 oz.	p.m. Triscuits	3 oz.	p.m. Cheez-It
	a.m. Raisin Toast (1)		a.m. Cereal (1 cup)		a.m. Waffles (1)		a.m. Oatmeal (1 cup)		a.m. French Toast (1)
4 oz.	Pasta with Protein	4 oz.	Burger w/bun	4 oz.	Chicken Taquitos	4 oz.	Chicken Nuggets	4 oz.	Sandwiches
1 slice	Garlic Bread	4 oz.	Mashed Potatoes	4 oz.	Black Beans	4 oz.	Mashed Potatoes	3 oz.	Organic Tortilla Chips
4 oz.	Salad	4 oz.	Vegetables	4 oz.	Corn	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. Crackers w/ Sun Butter	3 oz.	p.m.Apple Sauce w/ Graham Cracker (1)	3 oz.	p.m. Dried Fruit with Cheese	3 oz.	p.m. Wheat Thins	3 oz.	p.m. Chex Mix

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