

RAINBOW DAYCARE MENU

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade pancakes with syrup. Water/Milk	Fresh in season fruit with yogurt. Water/Milk	Homemade, Oatmeal banana muffins. Milk/Water	Whole wheat English Muffins with butter. Water/Milk	Cheerios cereal with Milk. Water/Milk
Homemade beef goulash with whole grain noodles and carrots. Milk/Water	Homemade Pizza with non processed Chicken and peppers. Milk/Water	Homemade chicken noodle soup with whole wheat unsalted crackers and fruit. Milk/Water	Homemade whole grain spaghetti with meat sauce and broccoli. Milk/Water	Sandwiches whole wheat bread, choice of (cheese, turkey, tuna) & peppers. Water/Milk
Fresh In Season Fruit and yogurt. Water	Graham crackers with apple sauce. Water	Sliced carrots and turnup with light ranch dipping sauce. Water	Soda Crackers (unsalted) and Cheese. Water	Trail Mix (cheerios and Shreddies). Water

*All bread is whole wheat.

*Water is always available.

*Fresh Fruit is always offered, after lunch (as a dessert/healthy option).

*Milk is served with every lunch and twice a day.

*Unsalted crackers served only.