

## RAINBOW DAYCARE MENU

### Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Cheerios with Milk. Water	Whole wheat pancakes with syrup Water/Milk	In season fruit with apple sauce. Milk/Water	Whole wheat bagels with butter or cream cheese. Water/Milk	Yogurt and Water
Chicken (not processed) and cheese quesadilla on a whole wheat tortilla / pepper Milk/Water.	Homemade macaroni and Cheese with a side of unbattered chicken Milk/Water	Homemade vegetables soup with whole wheat/unsalted crackers Milk/Water	Chili with whole wheat bread rolls Milk/Water	Chicken and Rice Stir-fry with peppers & carrots season fruit Milk/Water
Fruit Salad in low sugar syrup Water	Apple sauce with graham cracker Water	Homemade Granola. Water	Homemade Carrot Muffins Water	Sliced whole wheat tortilla shells with salsa. 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.