

RAINBOW DAYCARE MENU

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh in season fruit Water/Milk	Whole wheat English Muffins with cream cheese Water/Milk	Whole grain cheerios with Milk. Water	Homemade Muffins (blueberry, banana, carrot). Milk/Water	Multi grain Cheerios Milk. Water
Chicken nuggets with mashed potatoes and carrots. Milk/Water	Beans in tomato sauce with whole wheat bread rolls. Milk/Water	Chicken with whole grain rice, carrots, sweet and sour sauce. Milk/Water	Homemade beef Chili with whole grain rolls. Milk/Water	Homemade Grilled cheddar cheese sandwich on whole wheat bread with carrots. Milk/Water
Whole wheat crackers (unsalted) with cream cheese and salsa. Water	Trail mix and Water	Apple sauce with graham crackers Water	Arrowroot biscuits with cheese Water	In season fresh fruit and 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.