

## Full Heart Child Care Menu

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 1</b>	Breakfast: Whole wheat pancakes with all-natural syrup Organic fresh fruit Lunch: Whole wheat wrap Black beans Rice Pilaf, shredded cheese Organic corn Organic mixed fruit Snack: String cheese & pretzels	Breakfast: Whole wheat bagel with cream cheese Organic fresh fruit Lunch: Whole wheat penne with meatballs Organic carrots Applesauce Snack: Saltine crackers with hummus	Breakfast: Organic yogurt with cheerios Organic fresh fruit Lunch: Cheese pizza Organic green beans Organic Mixed fruit Snack: Organic Animal Crackers	Breakfast: Turkey Sausage Organic fresh fruit Lunch: Chicken patty Mashed potatoes Organic peas Pineapple Snack: Rice cake with cream cheese	Breakfast: Cereal with milk Organic fresh fruit Lunch: Grilled cheese sandwich on wheat bread Tomato soup Organic steamed broccoli Applesauce Snack: Graham crackers with jelly
<b>Week 2</b>	Breakfast: Whole wheat toast with jelly Organic fresh fruit Lunch: Veggie Burger on whole wheat bun Organic carrots Applesauce Snack: Yogurt with cheerios	Breakfast: Turkey Sausage Organic fresh fruit Lunch: Macaroni and cheese Organic steamed broccoli Organic mixed fruit Snack: Organic Animal Crackers	Breakfast: Bagel with cream cheese Organic fresh fruit Lunch: Broccoli and cheese soup Organic garbanzo beans Organic peas Pineapple Snack: Pretzels with hummus	Breakfast: Whole wheat pancakes with all-natural syrup Lunch: Vegetable Lasagna Dinner Roll Organic mixed fruit Snack: All-natural Jello and pretzels	Breakfast: Cereal with milk Organic fresh fruit Lunch: Breaded mozzarella sticks with marinara sauce Organic steamed broccoli Organic mixed fruit Snack: Graham crackers with jelly
<b>Week 3</b>	Breakfast: Multi grain English Muffin with jelly Organic fresh fruit Lunch: Cheese tortellini with marinara sauce Organic peas Pineapple Snack: Saltine crackers and cheddar cheese cubes	Breakfast: Whole wheat muffins Organic fresh fruit Lunch: Turkey wheat wrap with lettuce, tomato, and cheese Organic steamed vegetables Organic mixed fruit Snack: Yogurt with cheerios	Breakfast: Cereal with milk Organic fresh fruit Lunch: Veggie Burger on wheat bread Organic carrots Applesauce Snack: String cheese & pretzels	Breakfast: Organic yogurt with cheerios Organic fresh fruit Lunch: Whole wheat wrap Black beans Rice Pilaf, shredded cheese Organic corn Organic mixed fruit Snack: Graham crackers with jelly	Breakfast: Whole wheat bagel with cream cheese Organic fresh fruit Lunch: Cheese pizza Organic broccoli Applesauce Snack: Organic Animal Crackers
<b>Week 4</b>	Breakfast: Scrambled eggs on wheat toast Organic fresh fruit Lunch: Vegetable Lasagna Dinner Roll Organic mixed fruit Snack: All Natural Jello & pretzels	Breakfast: Multi-grain English muffin with jelly Organic fresh fruit Lunch: Chicken patty Mashed potatoes Organic peas Pineapple Snack: Rice cake with cream cheese	Breakfast: Whole wheat waffles with all-natural syrup Organic fresh fruit Lunch: Macaroni and cheese Organic steamed broccoli Organic mixed fruit Snack: Organic yogurt with cheerios	Breakfast: Cereal with milk Organic fresh fruit Lunch: Baked ham Biscuit Organic steamed carrots Applesauce Snack: Organic Animal Crackers	Breakfast: Whole wheat muffins Organic fresh fruit Lunch: Cheese ravioli with marinara sauce Slice of wheat bread Organic steamed vegetables Organic mixed Fruit Snack: Pretzels and hummus

Please let your child's teacher or Center Director know if your child has any allergies or dietary restrictions.

Children under 24 months will be served Organic Vitamin D Whole Milk for breakfast and lunch.

Children over 24 months will be served Organic 1% Milk for breakfast and lunch.

Water is served throughout the day and for afternoon snack.

Full Heart Child Care Serves Funfetti cake and frosting for birthdays and special events.

My child can have everything on this menu: \_\_\_\_\_

My child cannot have items on this menu: \_\_\_\_\_

(please attach notes or highlight this menu to signify changes)

Parent Signature: \_\_\_\_\_

This menu has been reviewed and approved by a Registered Dietician.