

Tiny Bubbles Childcare

Week 1

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Whole wheat toast with jam Milk	Assorted cereal with milk Water	Fresh fruit with Oatmeal cookies Water	Apple Oatmeal Pancake Water	English muffin with cream cheese Water
LUNCH	Vegetable soup	Powerhouse Plant Protein Loaf with mashed potato	Grilled cheese sandwich With Homemade Turkey Nuggets	Spinach and ricotta cheese with pasta shells	Fresh Salmon fish cake
Meat or Alternative	Beans	Tofu	Turkey	Corn	Salmon
Grain Products	Soda Crackers	Crackers	Whole wheat bread	Pasta	Pita Bread
Vegetable	Cucumber slices	Carrots, onion, celery and mushroom	Carrot slices	Spinach	Dark green salad
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Vanilla yogurt	Seasonal fruit
Pm Snack	Banana bread Water	Cheese slices with crackers Water	Parmesan Carrot Fries with Greek yogurt dip Water	Apple slices with cinnamon and honey Water	Fruit sauce with animal crackers Water

*If there is an allergy alternative food will be provided.

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Week 2

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Raisin Bagels with cinnamon butter Milk	Waffle With Blueberries Milk	Apple Slices With Breton crackers Water	Cranberry Orange Granola Bars Water	Healthy Carrot muffin with Orange Slices Water
LUNCH	Rotini Pasta With Meat Sauce	Lentil Soup	Macaroni & Cheese	Chicken Quesadilla	Homemade Vegetarian Pizza And Pepperoni
Meat or Alternative	Ground Beef	Lentil	Turkey	Chicken	Pepperoni
Grain Products	Rotini Pasta	Couscous	Pasta	Tortilla	Pita bread or homemade pizza dough
Vegetable	Mushrooms	Sliced carrots	Broccoli	Peas, carrots and corn	Cucumber slices
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Seasonal Fruit	Yogurt	Seasonal Fruit	Seasonal Fruit	Strawberry Yogurt
Pm Snack	Veggies and Dip Water	Roasted Red Pepper Dip with flat bread Water	Pumpkin Loaf Water	Vanilla Yogurt with Fish Crackers Water	Fruit Salad with social tea cookies Water

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Week 3

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Digestive Cookies & Banana	French Toast with Maple Syrup and oranges	Croissant with raspberry jam	Graham Crackers with Apple Slices	Rice cake with Cream cheese
	Water	Milk	Water	Water	Water
LUNCH	Cold Cut Sandwiches With Cheese	Ground Turkey with veggies and Quinoa	Homemade chicken noodle soup	Salmon melt with fresh vegetables	Meatloaf with Sweet Potato
Meat or Alternative	Mixed salami	Turkey	Chicken	Salmon	Ground beef
Grain Products	Whole wheat bread	Quinoa, Rice	Soup noodles and crackers	Flat bread	Whole wheat dinner rolls,
Vegetable	Sliced carrots	Broccoli, cauliflower	Mixed veggies	Broccoli	Sweet potato
Milk Product	Milk	Milk	Milk, cheese	Milk	Milk
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Pm Snack	Apples, raisins and pretzels	Arrowroot cookies with peach fruit cup	Pepperoni, cheese and crackers	Healthy baked broccoli tots with dip	Banana Roll Up (banana with tortilla on nut free spread)
	Water	Water	Water	Water	Water

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Week 4

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Oatmeal with apple Water	Multi-grain Cheerios with fresh fruit Milk	Banana and Arrowroot Cookies Water	Fruit and yogurt Water	Melba toast with Wowbutter Water
LUNCH	Goulash Soup	Oven Baked Mini Omelets with Cheese and Ham	Rice with chicken Casserole	Fish Burger with Cheese	Cheese Tortellini in Rose Sauce
Meat or Alternative	Stewing Beef	Eggs	Chicken	Fish	Navy Beans,
Grain Products	Bagel	Toast with Butter	Rice	Whole Wheat Bun	Tortellini
Vegetable	Green Salad	corn	Brussel sprouts, Broccoli, Carrots	Pies and Carrots	Assorted Vegetables
Milk Product	Milk	Milk, Cheese	Milk	Milk, Cheese	Milk
Fruit	Seasonal Fruit	Vanilla Pudding	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Pm Snack	Veggies and Dip Apple Juice	Cheese Spread and Ritz Crackers Water	Low Fat Zucchini Bread Water	Bread Sticks with Hummus Water	Oranges with Animal Cookies Water

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