




SPRING/SUMMER MENU

Week 4	A.M Snack	Lunch	2:30 Snack	4:00 Snack
Mon	Multigrain bagels Cream cheese spread Fresh cantaloupe slices Jug of water	Oven baked chicken burgers Whole wheat buns Chick pea salad (cucumbers, shredded carrots, fresh corn nibs) Fresh steamed broccoli Fresh pear slices 1 cup of milk Jug of water	Fresh apple slices Jug of water	Homemade zucchini cocoa muffins (cocoa, flour, fresh zucchini, butter, sugar) Fresh baby carrots Jug of water
Tues	Homemade scrambled eggs Toasted whole wheat English muffins Fresh bananas 1 cup of milk Jug of water 	Firm tofu stew (potatoes, carrots, onions, garlic, herbs) Basmati rice Steamed diced carrots (frozen) Fresh garden salad (romaine lettuce, baby kale, cucumber, cherry tomatoes) Fresh orange slices 1 cup of milk Jug of water	Whole Wheat Crackers Apricot Spread (unsweetened) Jug of water	Homemade bread pudding (whole wheat bread, milk, cinnamon, Brown sugar) Fresh red pepper slices Jug of water
Wed	Homemade bran muffins (flour, bran, cinnamon, brown sugar) Pea butter spread Fresh apple slices 1 cup of milk Jug of water	Homemade Sloppy Joes (lean ground meat, tomatoes, onions, garlic, red peppers, tomato paste) Whole wheat buns Fresh corn on the cob Fresh carrot salad (shredded carrots, red peppers, blueberry, cucumbers) Fresh watermelon slices 1 cup of milk Jug of water	Baby carrots Jug of water	Whole wheat crackers Marble cheese Fresh pear slices Jug of water 
Thurs	Homemade blueberry biscuit (fresh blueberries, flour, butter, milk) Fresh raspberries 1 cup of milk Jug of water	Oven baked diced ham Basmati carrot rice Steamed mixed vegetables (frozen) Fresh spinach salad (baby spinach, blueberries, shredded carrots, yellow peppers) Fresh bananas 1 cup of milk Jug of water	Fresh apple slices Jug of water	Fruit yogurt (strawberries, peach, cherries) Rye bread Fresh orange pepper slices Jug of water
Fri	Plain rice cakes Apple butter (unsweetened) Fresh blueberries 1 cup of milk Jug of water	Homemade chicken fajitas (soft tortillas, shredded carrots, broccoli, lettuce, cheddar cheese and red peppers) Steamed carrots and green beans Fresh pear slices 1 cup of milk Jug of water 	Fresh cucumber slices Jug of water	Tuna sandwiches on whole wheat sliced bread Fresh honeydew melon slices Jug of water

Substitutions Vegetarians: firm tofu, meatless ground beef, and lentils. No egg, no dairy: will not use egg or dairy in ingredients, e. g., will serve unbreaded fish rather than breaded fish. Gluten-free: will serve gluten-free breads and other products. Children's Circle Daycare's menus are reviewed annually by a dietician/nutritionist.

Extra snacks of fruit, crackers or cereals are served as required.