

# Expanding Imaginations Child Care

## 2019 – Week 4



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal Milk Banana	Whole Wheat Muffins Apple Milk	Whole Wheat Toast Peanut Butter & Jam Orange Milk	Yogurt Granola Berries Water	Bagels Cream Cheese Grapes Water
<b>Snack</b>	Almond – Berry Bread Melon	Oatmeal Berries	Cottage Cheese Pineapple	Walnut Zucchini Bread Apples	Peanut Butter Rice Cakes Banana
<b>Lunch</b>	Stewed Lentils Roasted Zucchini & Squash Milk	Tuna Barley Casserole Mixed Veggies Milk	Tofu Stirfry Brown Rice Green Beans Milk	Chicken Ramen Soup with Vegetables Milk	Beef Taco With Lettuce & Tomato Milk
<b>Snack</b>	Celery Peanut Butter Raisins	Bell Pepper Hummus Rice Crackers	Cucumber Slices Munchie Mix	Carrot Sticks Crackers Avocado Dip	House Made Salsa Whole Grain Chips