




SPRING/SUMMER MENU

Week 1	AM Snack	Lunch	2:30 Snack	4:00 Snack
Mon	Boiled eggs Whole wheat sliced bread Fresh Blueberries 1 cup of milk Jug of water	Whole Wheat Spaghetti Homemade lean ground beef pasta sauce (diced tomatoes, pasta sauce, onions, garlic, olive oil, sea salt) Steamed carrots (frozen) Garden salad (romaine lettuce, shredded carrots, cucumber slices) Fresh apple slices 1 cup of milk Jug of water	Fresh orange slices Jug of water 	Multigrain bagels Cinnamon cream cheese Fresh baby carrots Jug of water
Tues	Homemade blueberry loaf (frozen blueberries, butter, milk, flour, sugar) Fresh pear slices 1 cup of milk Jug of water	Oven baked cod lions (butter, herbs, sea salt) Basmati rice Steamed corn (frozen) Cauliflower salad (baby tomatoes, cucumbers, shredded carrots, chick peas baby kale) Fresh orange slices 1 cup of milk Jug of water	Fresh apple slices Jug of water	Homemade fresh Vegetable apple muffins (zucchini, apples, carrots, flour, brown sugar) Fresh cucumber slices Jug of water
Wed	Whole grain cheerio Vanilla yogurt Fresh bananas 1 cup of milk Jug of water	Homemade oven baked chicken drumsticks and chicken breasts Fresh homemade mashed sweet and white potatoes Gravy Multigrain sliced bread Steamed mixed vegetables (frozen) Broccoli salad (yellow peppers, baby arugula, shredded red cabbage) Fresh watermelon slices 1 cup of milk Jug of water 	Fresh orange slices Jug of water	Cinnamon swirl bread Becel margarine Baby carrots, broccoli and cucumber Jug of water
Thurs	Unsweetened apple peach sauce rye sliced bread Apricot spread (unsweetened) 1 cup of milk Jug of water	Whole wheat stuff pitas (chicken bacon, romaine lettuce, tomatoes, cheddar cheese, mayonnaise) Oven baked beef meatballs Steam couscous Steamed carrots and peas (frozen) Fresh red grapes 1 cup of milk Jug of water	Fresh apple slices Jug of water	Homemade corn bread (milk, butter, flour, corn meal) Fresh red pepper slices Jug of water
Fri	Whole grain oat meal (brown sugar, cinnamon, whole grain oats) Fresh orange slices 1 cup of milk Jug of water	Homemade pizza (cheddar cheese, mozzarella cheese, firm tofu, pizza sauce) Quinoa salad (diced tomatoes, green onions, parsley, red peppers, cucumber) Steamed green beans (frozen) Fresh cantaloupe slices 1 cup of milk Jug of water 	Baby carrots Jug of water	Fresh homemade fruit salad (blueberries, strawberries, watermelon, peach, bananas, grapes) Whole wheat crackers 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.