





SPRING/SUMMER MENU

Week 3	A.M Snack	Lunch	2:30 Snack	4:00 Snack
Mon	Whole grain Shreddies Fresh bananas 1 cup of milk Jug of water 	Homemade beef stew (potatoes, carrots, garlic, onions and fresh herbs, olive sea salt) Couscous Steamed carrots and peas (frozen) Fresh cauliflower salad (cucumber, carrots, baby spinach, plum tomatoes) Fresh apple slices 1 cup of milk Jug of water 	Fresh orange slices Jug of water	Homemade oatmeal muffin (oats, flour, milk, butter, sugar) Fresh baby carrots Jug of water
Tues	Plain yogurt Fresh berries (raspberries, strawberries, blueberries) Whole wheat bread sticks 1 cup of milk Jug of water	Homemade lean ground beef taco sauce (tomatoes, onions, garlic, taco sauce, olive oil, sea salt) Soft and hard taco shells Steamed peas (frozen) Fresh garden salad (romaine lettuce, tomatoes, cucumbers) Shredded cheddar cheese) Fresh pear slices 1 cup of milk Jug of water	Fresh apples slices Jug of water	Chicken cold cut slices Multigrain sliced bread Fresh red pepper slices Jug of water
Wed	Homemade oatmeal (oats, cinnamon, brown sugar) Fresh bananas 1 cup of milk Jug of water	Whole wheat sliced bread Turkey cold cut slices Cheddar cheese slices Steamed mixed vegetables (frozen) Fresh garden salad (baby kale, romaine lettuce, cucumbers, shredded carrots) Fresh honeydew melons slices 1 cup of milk Jug of water 	Fresh orange slices Jug of water	Homemade Rice Krispies squares Red pepper slices Jug of water
Thurs	Homemade French toast Fresh Blueberries 1 cup of milk Jug of water	Fresh homemade lentil stew (tomatoes, onions, garlic, olive oil, sea salt, herbs) Basmati rice Steamed corn on the cob Fresh spinach salad (baby spinach, plum tomatoes, cucumbers, shredded carrots, red cabbage) Fresh watermelon slices 1 cup of milk Jug of water	Fresh apples slices Jug of water	Homemade cheese bread(mozzarella, cheddar) Baby carrots Jug of water
Fri	Melba toast Blueberry fruit spread (unsweetened) Fresh pear slices 1 cup of milk Jug of water	Lean ground turkey (onions, garlic, tomatoes, parsley, oregano) Whole wheat penne pasta Parmesan cheese Steamed carrot (frozen) Fresh spinach salad (baby spinach, cucumber, broccoli) Fresh strawberries 1 cup of milk Jug of water 	Baby carrots Jug of water	Homemade vegetable loaf (zucchini, red pepper) Fresh cantaloupe 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.