

CHILDREN'S CIRCLE DAYCARE OF ST. BARNABAS, WINTER MENU, 2021

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Hot cereal: oatmeal served with Cantaloupe slices* Milk and water  *Infants, Toddlers, diced cantaloupe	Rye bread served with Strawberry spread (no sugar) Fresh banana slices* Milk and water  *Infants, Toddlers, diced banana	Homemade blueberry muffins Fresh pear slices* Milk and water  *Infants, Toddlers, diced pear	All bran cereal served with milk Fresh blueberries* Milk and water  *Infants, Toddlers, diced blueberries	Mini croissants served with Mozzarella cheese sticks Fresh orange slices* Milk and water  *Infants, Toddlers, diced orange
Lunch	Vegetarian nuggets Steamed fresh parsley couscous Homemade gravy Steamed green beans (frozen) Fresh red peppers* Fresh pineapple slices** Milk and water  *Infants, Toddlers, diced peppers **Infants, diced pineapple	Hard tacos and soft tortillas served with Lean ground beef in taco sauce, and Shredded cheddar cheese Romaine lettuce salad Steamed peas (frozen) Fresh pear slices* Milk and water  *Infants, Toddlers, diced pear	Lazy vegetarian lasagna made with mozzarella and cheddar cheeses, tomato sauce and fresh parsley Steamed mixed vegetables Chick pea salad (cucumber, carrots, red peppers) Fresh cantaloupe slices* Milk and water  *Infants, Toddlers, diced cantaloupe	Oven-roasted, all-purpose seasoned chicken legs* Homemade gravy Steamed basmati rice Steamed corn (frozen) Fresh cauliflower trees** Fresh orange slices*** Milk and water  *Infants, Toddlers, diced chicken **Infants, Toddlers, shredded cauliflower ***Infants, diced orange	Lean ground chicken meatloaf served with Mashed potatoes (yellow potatoes, sweet potatoes) Homemade gravy Steamed diced carrots Fresh broccoli trees* Fresh Royal Gala apples slices** Milk and water  *Infants, Toddlers, diced broccoli **Infants, diced apple
P.M. Snack	Fresh baby carrots* Water  *Infants, Toddlers, blanched carrots	Fresh cucumber slices* Water  *Infants, Toddlers, diced cucumber	Fresh orange slices* Water  *Infants, Toddlers, diced orange	Fresh Royal Gala apple slices* Water  *Infants, Toddlers, diced apple	Fresh celery sticks* Water  *Infants, Toddlers, cucumber slices
P.M. Snack	Multigrain sliced bread served with margarine and Chicken breast slices Fresh celery sticks* Water  *Infants, Toddlers, diced celery	Middle Eastern hummus served with Red pepper sticks* Bread sticks** Water  *Infants, shredded broccoli and diced red pepper **Infants, whole wheat bread	Fresh fruit melody (bananas, apples and blueberries) served on plain yogurt Whole wheat sliced bread Water	Fresh garden vegetable sticks (carrots , cucumber, broccoli trees)* Cottage cheese dip Whole wheat crackers** Water  *Infants, Toddlers, diced vegetable sticks **Infants, Toddlers, 1 slice of rye bread	Homemade apple crumble (apples, oats, wheat flour, butter, brown sugar) Fresh baby carrots* Water  *Infants, Toddlers, diced carrot