

Expanding Imaginations Child Care

Spring – Summer Menu 2018

Week 3



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Apple Milk	Pancake Banana Milk	Bagel Cream Cheese Orange Milk	Oatmeal Berries Milk	Toast Soy Butter Cantaloupe Milk
Snack	Yogurt Banana Water	Crackers Cheese Apple Water	Rice Pudding Pineapple Water	Whole Wheat Blueberry Muffins Orange Water	Trail Mix Grapes Water
Lunch	Mediterranean Quesadilla Bean Salad Milk	Chicken Corn Chowder Milk	Beef Goulash Mashed Potatoes Steamed Carrots Milk	Cheesy Tuna- Spinach-Quinoa Casserole House Salad Milk	Pork Sausage Pasta Steamed Broccoli Milk
Snack	Raisin Oat Squares Carrot Sticks Water	Sesame - Banana Flapjacks Cucumber Dip Water	Pretzels Bell Pepper Hummus Water	Rice Cakes Cinnamon Cream Cheese Celery Water	Whole Grain Chips Spinach Dip Carrot Sticks Water