

Expanding Imaginations Child Care

2019 – Week 1



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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
Snack	Almond – Berry Bread Melon	Oatmeal Berries	Cottage Cheese Pineapple	Walnut Zucchini Bread Apples	Peanut Butter Rice Cakes Banana
Lunch	Red Lentil Soup Buns Milk	Sweet and Sour Sole Rice Noodles Stirfry Noodles Milk	Black Bean Quinoa Bowls with Corn, Bell pepper, tomato And spinach Milk	Chicken Souvlaki Roast Potatoes Greek Salad Milk	Ham & Pineapple Pizza Buns Fresh Veggies Milk
Snack	Celery Peanut Butter Raisins	Bell Pepper Hummus Rice Crackers	Cucumber Slices Munchie Mix	Carrot Sticks Crackers Avocado Dip	House Made Salsa Whole Grain Chips