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| **Spring Garden Child Care Centre**  **28 Day Rotational Menu**  **Milk Served at Lunch Daily / Water served for snacks** | | | | | | | | | |
| **Day 1**  **AM Snack**  Apples  Oatcakes  **Lunch**  Vegetable Soup  W/W Crackers  **PM Snack**  WW Goldfish  Oranges | **Day 2**  **AM Snack**  Frozen Fruit  WW Crackers  **Lunch**  Breaded Haddock  Rice/Peas  **PM Snack**  Apples  Tortilla/  Cream Cheese | **Day 3**  **AM Snack**  Cinn. Oatmeal  Raspberries  **Lunch**  Chicken/Broccoli Pizza  Carrots Sticks  **PM Snack**  Pears  WW Soda Crackers | **Day 4**  **AM Snack**  Blueberries  Puff Wht Milk  **Lunch**  Beef Barley Soup  WW Crackers  **PM Snack**  Tomato/  Cucumber  Pita Wedges | **Day 5**  **AM Snack**  Triscuits  Grapes  **Lunch**  ChickNoodle Soup/Cracker  Peas/Carrots  **PM Snack**  Pineapple  Grain Crackers | **Day 6**  **AM Snack**  Bananas  Wheat Squares  **Lunch**  Ground Beef Pizza  Tossed Salad  **PM Snack**  Cinnamon Apples  Rice Crisps | **Day 7**  **AM Snack**  Cantaloupe  Toll HCracker  **Lunch**  Burger Gravy  Potatoes/Corn  Tossed Salad  **PM Snack**  WW bread  soy butter  bananas | **Day 8**  **AM Snack**  Grapes  Rice Cakes  **Lunch**  Ham/Broccoli  Potato  W/W Bread  **PM Snack**  Tomato/  Cucumber  Pita Wedges | **Day 9**  **AM Snack**  Blueberries  Oat O’s /Milk  **Lunch**  Tomato Lentil Soup  Crackers  **PM Snack**  Oatmeal  Cran.Cookie  Melon | **Day 10**  **AM Snack**  Wheat Squares  Bananas/Milk  **Lunch**  Chicken Meatballs, Rice/Gr. Beans  **PM Snack**  Berries  Yogurt |
| **Day 11**  **AM Snack**  Cantaloupe  Vinta Crackers  **Lunch**  Loaded Potato Soup/Ham  WW Crackers  **PM Snack**  Yogurt Parfait  Berries | **Day 12**  **AM Snack**  Apple Sauce  Melba Toast  **Lunch**  Tuna Melt  Spinach Salad  **PM Snack**  Triscuits  Fresh Fruit | **Day 13**  **AM Snack**  Apple Slices  Oat O’s  **Lunch**  Pulled Pork Burgers  Rice/Carrots  **PM Snack**  Melon  Baked Cracker Chips | **Day 14**  **AM Snack**  Peaches  Melba Toast  **Lunch**  Chicken Alfredo  Peas/Carrots  **PM Snack**  Cucumber  Peppers  VintaCrackers | **Day 15**  **AM Snack**  Cinn.Oatmea  Blueberries  **Lunch**  Tuna Noodle  Casseerole  Green Beans  **PM Snack**  Bananas  Yogurt | **Day 16**  **AM Snack**  Pears  Wheat Squares  **Lunch**  Stuffed Pepper Soup c GrBeef  WW Crackers  **PM Snack**  Melon  WW Goldfish Crackers | **Day 17**  **AM Snack**  Peaches  Naan Bread  **Lunch**  Taco Salad  c Baked Tortillas  **PM Snack**  Applesauce  Triscuits | **Day 18**  **AM Snack**  Oat O’s  Banana Slices  **Lunch**  Salmon Cakes  Peas/Carrots  **PM Snack**  Pumpkin Mounds  Smoothies | **Day 19**  **AM Snack**  Oranges  W/W Biscuits  **Lunch**  Cheesy Chicken Pasta  Broccoli  **PM Snack**  Pears  Rice Crackers | **Day 20**  **AM Snack**  Bananas  Bagel CCheese  **Lunch**  Ham Pizza  Tossed Salad  **PM Snack**  Apples  Cheese Cubes |
| **Day 21**  **AM Snack**  Oranges  WW Crackers  **Lunch**  Broccoli Cheddar Soup  Lentil Wrap  **PM Snack**  Fruit Smoothie  Townhouse  Crackers | **Day 22**  **AM Snack**  Melon  Grain Cracker  **Lunch**  Ch.Caesar Salad  Garlic Fingers  Tomatoes  **PM Snack**  Peaches  WW Bagel | **Day 23**  **AM Snack**  Frozen Fruit  Wheat Squares  **Lunch**  Creamy Chicjen Casserole  Peas/Carrots  **PM Snack**  Rice Crackers  Pears | **Day 24**  **AM Snack**  Peaches  Rice Cakes  **Lunch**  Pork Stir Fry  Peppers/Mushr  Rice  **PM Snack**  Fruit Popsicle  WW Crackers  Water | **Day 25**  **AM Snack**  Crispy Cereal  Bananas  **Lunch**  Lentil Spaghetti  Garlic Bread  **PM Snack**  Peppers/Cukes  Cheese | **Day 26**  **AM Snack**  Apples  Wheat Thins  **Lunch**  Sloppy Joes  Green Beans  Cheese  **PM Snack**  Oranges  Rice Cakes | **Day 27**  **AM Snack**  Fresh Fruit  Oat Cakes  **Lunch**  Breaded Haddock  Rice/Peas  **PM Snack**  Tomato/Carrots  Melba Toast | **Day 28**  **AM Snack**  Bananas  Yogurt  **Lunch**  Meat Spaghetti  Peppers  Mushrooms  **PM Snack**  Frozen Fruit  Town house Crackers | **Day 29**  **AM Snack**  Oranges  Oat O’s  **Lunch**  Vegetarian  Taco Soup  Tortillas  **PM Snack**  Fruit Smoothie  WW Crackers | **Day 30**  **AM Snack**  Puff Wheat  Blueberries  **Lunch**  Mac & Beef  Peas/Carrots  **PM Snack**  Pumpkin Mounds  Smoothies |