

|  |
| --- |
|  **Spring Garden Child Care Centre** **28 Day Rotational Menu** **Milk Served at Lunch Daily / Water served for snacks**  |
| **Day 1****AM Snack**ApplesOatcakes**Lunch**Vegetable SoupW/W Crackers**PM Snack**WW GoldfishOranges | **Day 2****AM Snack**Frozen FruitWW Crackers**Lunch**Breaded HaddockRice/Peas**PM Snack**ApplesTortilla/Cream Cheese | **Day 3****AM Snack**Cinn. OatmealRaspberries**Lunch**Chicken/Broccoli PizzaCarrots Sticks**PM Snack**PearsWW Soda Crackers | **Day 4****AM Snack**BlueberriesPuff Wht Milk**Lunch**Beef Barley SoupWW Crackers**PM Snack**Tomato/CucumberPita Wedges | **Day 5****AM Snack**TriscuitsGrapes**Lunch**ChickNoodle Soup/CrackerPeas/Carrots**PM Snack**PineappleGrain Crackers | **Day 6****AM Snack**BananasWheat Squares**Lunch**Ground Beef PizzaTossed Salad**PM Snack**Cinnamon ApplesRice Crisps | **Day 7****AM Snack**CantaloupeToll HCracker**Lunch**Burger GravyPotatoes/CornTossed Salad**PM Snack**WW breadsoy butterbananas | **Day 8****AM Snack**GrapesRice Cakes**Lunch**Ham/BroccoliPotatoW/W Bread**PM Snack**Tomato/CucumberPita Wedges | **Day 9****AM Snack**BlueberriesOat O’s /Milk**Lunch**Tomato Lentil SoupCrackers**PM Snack**OatmealCran.CookieMelon | **Day 10****AM Snack**Wheat SquaresBananas/Milk**Lunch**Chicken Meatballs, Rice/Gr. Beans**PM Snack**BerriesYogurt |
| **Day 11****AM Snack**CantaloupeVinta Crackers**Lunch**Loaded Potato Soup/HamWW Crackers**PM Snack**Yogurt ParfaitBerries | **Day 12****AM Snack**Apple SauceMelba Toast**Lunch**Tuna MeltSpinach Salad**PM Snack**TriscuitsFresh Fruit | **Day 13****AM Snack**Apple SlicesOat O’s**Lunch**Pulled Pork BurgersRice/Carrots**PM Snack**MelonBaked Cracker Chips | **Day 14****AM Snack**PeachesMelba Toast**Lunch**Chicken AlfredoPeas/Carrots**PM Snack**CucumberPeppersVintaCrackers | **Day 15****AM Snack**Cinn.OatmeaBlueberries**Lunch**Tuna NoodleCasseeroleGreen Beans**PM Snack**BananasYogurt | **Day 16****AM Snack**PearsWheat Squares**Lunch**Stuffed Pepper Soup c GrBeefWW Crackers**PM Snack**MelonWW Goldfish Crackers | **Day 17****AM Snack**PeachesNaan Bread**Lunch**Taco Saladc Baked Tortillas**PM Snack**ApplesauceTriscuits | **Day 18****AM Snack**Oat O’sBanana Slices**Lunch**Salmon CakesPeas/Carrots**PM Snack**Pumpkin MoundsSmoothies | **Day 19****AM Snack**OrangesW/W Biscuits**Lunch**Cheesy Chicken PastaBroccoli**PM Snack**PearsRice Crackers | **Day 20****AM Snack**BananasBagel CCheese**Lunch**Ham PizzaTossed Salad**PM Snack**ApplesCheese Cubes |
| **Day 21****AM Snack**OrangesWW Crackers**Lunch**Broccoli Cheddar SoupLentil Wrap**PM Snack**Fruit SmoothieTownhouseCrackers | **Day 22****AM Snack**MelonGrain Cracker**Lunch**Ch.Caesar SaladGarlic FingersTomatoes**PM Snack**PeachesWW Bagel | **Day 23****AM Snack**Frozen FruitWheat Squares**Lunch**Creamy Chicjen CasserolePeas/Carrots**PM Snack**Rice CrackersPears | **Day 24****AM Snack**PeachesRice Cakes**Lunch**Pork Stir FryPeppers/MushrRice**PM Snack**Fruit PopsicleWW CrackersWater | **Day 25****AM Snack**Crispy CerealBananas**Lunch**Lentil SpaghettiGarlic Bread**PM Snack**Peppers/CukesCheese | **Day 26****AM Snack** ApplesWheat Thins**Lunch** Sloppy JoesGreen BeansCheese**PM Snack**OrangesRice Cakes | **Day 27****AM Snack**Fresh FruitOat Cakes**Lunch**Breaded HaddockRice/Peas**PM Snack**Tomato/CarrotsMelba Toast | **Day 28****AM Snack**BananasYogurt**Lunch**Meat SpaghettiPeppersMushrooms**PM Snack**Frozen FruitTown house Crackers | **Day 29****AM Snack**OrangesOat O’s**Lunch**VegetarianTaco SoupTortillas**PM Snack**Fruit SmoothieWW Crackers | **Day 30****AM Snack**Puff WheatBlueberries**Lunch**Mac & BeefPeas/Carrots**PM Snack**Pumpkin MoundsSmoothies |