



Richard M. Guon Child Care Center Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal Brown Sugar Applesauce Milk	Rice Krispies Cereal Banana Milk	Scrambled Eggs* Mixed Fruit Milk <i>*or dry cereal</i>	Corn Muffin Pineapple Tidbits Milk	½ Whole Wheat Bagel Cream Cheese Diced Peaches Milk
Lunch	Penne Pasta (WGR) Ground Beef* & Sauce Corn Frozen Pineapple Chunks Milk <i>*or black beans</i>	Chicken Fingers* Dinner Roll (WGR) Broccoli Pear Diced Pears (U) Milk <i>*or hard-boiled egg</i>	Turkey slice* Cheese Slice Tortilla (WGR) Baked Sweet Potato Apple Applesauce (U) Milk <i>*or tomato/cucumber hummus</i>	Vegetable Lasagna* Salad Mix w/Ranch Dressing Orange Mandarin Oranges (U) Milk <i>*or cheddar cheese slice on bun (WGR)</i>	Teriyaki Baked Chicken* Brown Rice (WGR) Green Beans Mixed Fruit Milk <i>*or black beans w/rice</i>
PM Snack	Whole Wheat Crackers Cheese Stick Water	Greek Yogurt Frozen Blueberries Water	Whole Wheat Soft Bread Stick Frozen Peaches Water	Goldfish Crackers (WGR) Pear Diced Pears (U) Water	Ritz Crackers Cheddar Cheese Slice Water

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. Children (age 12-24 months) are served whole milk. After 24 months all children are served 1% milk.

Food Items may be substituted as necessary.

WGR = Whole-grain rich; U = Unsweetened



Richard M. Guon Child Care Center Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Life Cereal Diced Peaches Milk	Oatmeal Brown Sugar Frozen Blueberries Milk	Cheerios Cereal Applesauce Milk	Cheese Omelet* Diced Pears Milk <i>*or dry cereal</i>	½ Whole Wheat English Muffin Pineapple Tidbits Jelly Milk
Lunch	Chicken Nuggets* Apple, Applesauce (U) Whole Wheat Dinner Roll Salad Mix Honey Mustard Dressing Milk <i>*or yogurt cup</i>	Macaroni & Cheese Sliced Turkey* Brussel Sprouts Orange Mandarin Oranges (U) Milk <i>*or tomato/cucumber hummus</i>	Baked White Fish* Red Beans w/Brown Rice (WGR) Peas Frozen Pineapple Milk <i>*or red beans w/ rice</i>	Penne Pasta Ground Beef* w/Sauce Mixed Vegetables Banana Milk <i>*or black beans</i>	Vegetable Pizza* Corn Seasonal Fresh Fruit Mandarin Oranges (U) Cottage Cheese Milk <i>*or tomato/cucumber hummus</i>
PM Snack	Cucumber Slices Hummus Water	Hard Boiled Egg Whole Wheat Crackers Water	Greek Yogurt Seasonal Fresh Fruit Water	Cheese Stick Apple Applesauce (U) Water	Goldfish Crackers Pear Diced Pears (U) Water

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Raisin Bread Cream Cheese Diced Pears Milk	Cheerios Cereal Diced Peaches Milk	Scrambled Eggs* Mixed Fruit Milk <i>*or dry cereal</i>	Pancakes Applesauce Milk	Oatmeal Brown Sugar Diced Pears Milk
Lunch	Salad Mix with Julienne Turkey* Hard Boiled Egg Sliced Cheddar Cheese Ranch Dressing Dinner Roll (WGR) Pineapple Tidbits Milk <i>*or garbanzo beans</i>	Tortilla (WGR) with Baked Diced Chicken* Black Beans Baked Sweet Potato Tropical Frozen Fruit Milk <i>*or black beans</i>	Pasta Goulash (WGR) with Ground Turkey* Frozen Pineapple Green Beans Milk <i>*or kidney beans</i>	Roast Beef* Au Jus Mashed Potatoes Diced Carrots Frozen Peaches Whole Wheat Dinner Roll Milk <i>*or black beans</i>	Sliced Turkey* Whole Wheat Pita Bread Lettuce & Tomato Grated Carrots Orange Mandarin Oranges (U) Milk <i>*or cheese slice</i>
PM Snack	Animal Crackers Vanilla Greek Yogurt Water	Pita Bread Hummus Water	Banana Milk	Cheddar Cheese Slice Whole Wheat Crackers Water	Cornbread Apple Applesauce (U) Water

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Richard M. Guon Child Care Center Menu

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	½ Whole Wheat Bagel Cream Cheese Diced Peaches Milk	Greek Yogurt Diced Pears Milk	Life Cereal Mixed Fruit Milk	Oatmeal Brown Sugar Applesauce Milk	Cheerios Cereal Banana Milk
Lunch	Teriyaki Baked Chicken* Brown Rice (WGR) Broccoli Tropical Frozen Fruit Milk <i>*or black beans</i>	Ground Beef Tacos* Whole Wheat Tortilla Shredded Cheddar Cheese Diced Tomatoes Shredded Lettuce Corn Pineapple Tidbits Milk <i>*or cheese</i>	Turkey Burger* Whole Wheat Bun Diced Carrots Frozen Peaches Milk <i>*or cheddar cheese slice</i>	Cheese Lasagna* Salad Mix Ranch Dressing Shredded Carrots Frozen Mixed Fruit Milk <i>*or black beans</i>	Macaroni & Cheese Ground Beef* Peas Orange Mandarin Oranges (U) Milk <i>*or tomato/cucumber hummus</i>
PM Snack	Cucumber Slices Hummus Water	Soft Pretzel Apple Applesauce (U) Water	Apple Muffin Milk	Whole Wheat Tortilla Sliced Cheddar Cheese Water	Soft Whole Wheat Bread Stick Seasonal Fresh Fruit Water

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