Child Care Menu

Week 4



November 2 – November 6,2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Whole Wheat English Muffin with Cream Cheese, Diced Peaches & Skim Milk	Scrambled Egg, Wheat toast, Turkey Links Banana & Skim Milk	Whole Grain Waffle, Diced Peaches & Skim Milk	Whole Grain Cheerios, Fresh Seedless Red Grapes &Skim Milk	Scrambled Eggs, Whole Grain Bagels, Strawberry Preserves, Banana & Skim Milk
AM SNACK	Whole Grain Cheerios & Skim Milk	Wheat Toast, Strawberry Preserves, & Skim Milk	Whole Grain Cheerios & Skim Milk	Wheat Toast, Strawberry Preserves & Skim Milk	Kix Cereal & Skim Milk
LUNCH	Stir Fry Beef, Broccoli Fresh Steamed, White Rice Pineapple Chunks & Skim Milk	Swedish Meatballs, Buttered Noodles, Peas with Mushrooms, Whole Wheat Dinner Roll, Pears & Skim Milk	BBQ Chicken, Macaroni & Cheese, Country Blend Vegetables, Watermelon & Skim Milk	Chicken Tenders, Green Beans, Baked French Fries, Fruit Cocktail & Skim Milk	Cheese Quesadilla, Black Beans, Brown Rice, Mango Chunks & Skim Milk
PM SNACK	Carrot Sticks, Cucumber Slices, Ranch dressing & Skim Milk	Applesauce, Cheddar Cheese Cubes & Skim Milk	Strawberry Yogurt Tube, Pretzels & Skim Milk	Graham Crackers, Wow Butter & Skim Milk	Fresh Strawberries, White Cheddar Popcorn & Skim Milk



Note: All canned fruit is packed in water or fruit juice.



