

Medtronic Child Care Center Menu

February 24 - 28, 2020

Requirements	Breakfast Select 3 Food Groups Grains/bread Juice/fruit/vegetable Milk/fluid	Morning Snack Select 2 of 4 groups Milk/fluid Juice/fruit/vegetable Grain/bread Meat/meat alternative	Lunch Select 5 Food Groups Meat/meat alternative Vegetable/fruit Grain/bread Milk/fluid Extras	Afternoon Snack Select 2 of 4 groups Milk/fluid Juice/fruit/vegetable Grain/bread Meat/meat alternative
Monday	Life Cereal Pears Milk	Greek Yogurt Peaches Water	**Chicken Strips with BBQ **Whole Wheat Bun Steamed Broccoli Diced Pineapple Milk Veg Option **Southwestern Grilled Tofu	**Graham Crackers Cheddar Cheese Slices Water
Tuesday	Bell Pepper Spinach and Feta Egg Scramble Orange Slices Milk	Cottage Cheese Strawberries Water	Lemon Pepper Cod Wild Rice Steamed Green Beans Watermelon Milk Veg Option Stewed Lentils with Tomato and Herbs	**Whole Wheat Crackers Hummus Water
Wednesday	Kix Cereal Banana Milk	Assorted Bell Pepper Sticks Spinach Ranch Dip Water	**Pizza Fries (pizza crust with garlic oil and cheese cut into 1" wide strips) Served With Marinara Steamed Corn Peaches Milk Veg Option **Same	**Pita Triangles Hard Boiled Eggs Water
Thursday	Oatmeal Applesauce Milk	**Sunbutter Sandwich On Whole Wheat Bread Milk	Baked Ham **Whole Wheat Bun Cheesy Potato Gratin Diced Pineapple Milk Veg Option Veggie Burger **Whole Wheat Bun	Spinach Berry Yogurt Smoothie **Graham Crackers Water
Friday	Rice Chex Banana Milk	**Mixed Berry Muffin Apple Slices Water	Roast Turkey **Whole Wheat Bun Steamed Green Beans Diced Melon Milk Veg Option Polenta Cake	**Turkey and Cheese Roll Up Water/Milk

Local and Hormone Free Milk and Dairy from Hastings Creamery
All Beef and Turkey Hormone Free

Water is provided throughout the day
Whole Milk for Children 2 & under *Skim or 2% Milk for Children over 2

Prepared by:

