

# Medtronic Child Care Center Menu

## June 17 - 21, 2019

<b>Requirements</b>	<b>Breakfast</b> Select 3 Food Groups Grains/bread Juice/fruit/vegetable Milk/fluid	<b>Morning Snack</b> Select 2 of 4 groups Milk/fluid Juice/fruit/vegetable Grain/bread Meat/meat alternative	<b>Lunch</b> Select 4 Food Groups Meat/meat alternative Vegetable/fruit Grain/bread Milk/fluid Extras	<b>Afternoon Snack</b> Select 2 of 4 groups Milk/fluid Juice/fruit/vegetable Grain/bread Meat/meat alternative
Monday	Life Cereal Applesauce Milk	Bell Peppers Avocado Ranch Water	**Baked Chicken Tenders With BBQ Roasted Corn Watermelon Milk  Veg Option Grilled Portobella Mushroom	Whole Wheat Crackers Sunbutter Milk
Tuesday	Cheesy Scrambled Eggs Hashbrowns Orange Slices Milk	Pita Triangles Hummus Water	*Teriyaki Tofu Stir Fry Brown Rice Steamed Broccoli Orange Slices Milk  Veg Option: Same	Whole Wheat Mixed Berry Bread Cheese stick Water
Wednesday	Kix Cereal Banana Milk	Cottage Cheese Peaches Water	Tomato Basil Soup Whole Wheat Grilled Cheese Sandwich Steamed Cauliflower Diced Pineapple Milk  Veg Option: Same	Sliced Apples Sunbutter Agave Dip Water
Thursday	Oatmeal Applesauce Milk	Greek Yogurt Granola Water	Rosemary Roasted Chicken Breast Quinoa Steamed Green Beans Mango Milk  Veg Option Parmesan Roasted Polenta Cake	Whole Wheat Banana Bread Milk
Friday	Rice Chex Banana Milk	Apple Slices Sunbutter Dip Water	**Whole Wheat Beef Taco Mac And Cheese Steamed Peas Apple Slices Milk  Veg Option **Mac and Cheese	Graham Crackers Cheese Stick Water

Local and Hormone Free Milk and Dairy from Hastings Creamery  
 All Beef and Turkey Hormone Free  
 \*Denotes item is vegetarian; \*\*Denotes meat protein can/is served separate  
 Water is provided throughout the day  
 Whole Milk for Children 2 & under \*Skim or 2% Milk for Children over 2  
 Whole wheat item must be provided every day

Prepared by:

