

# WHQ Child Development Center

## Week 4: Weeks of December 11th, January 8th, February 5th



Menu may vary between Centers.

### BREAKFAST\*

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Starch/ Grain	Rice Chex, Cheerios, Rice Krispies, Corn Pops	Whole Wheat Toast w/ margarine or jelly	Quiche lorraine muffins (M,E) R (contains turkey bacon)	Pancakes (E,M) w/Syrup	Croissant (M, E) w/butter/jelly
Protein		Scrambled eggs (E)			Vegetarian patty (E,M) w/cheese



### LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Entrée	Cheese raviolis in marinara sauce (M,E) R	Melted cheese quesadilla (M) R	BBQ chicken R	Turkey Meatloaf w/ gravy (E) R/SR	Cheese Pizza (M)
Vegetable	Roasted Broccoli	Vegetable rice soup R	Cooked carrots	Spaghetti squash R	Peas
Starch/ Grain		Tortilla	Breadsticks	Mashed Potato(M) R	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Vegetarian Option(Entrée)	Cheese raviolis in marinara sauce (M,E)	Melted cheese quesadilla and soup (M)	Chickpea Moroccan R	Vegetable Wrap w/hummus spread R	Cheese Pizza (M)



### SNACK

	Monday	Tuesday	Wednesday	Thursday	Friday
Protein				String cheese (M)	Sunbutter
Fruit/Veg	Carrot sticks	Craisins	Cucumber sticks		
Starch/ Grain	Fig Newtons (M)	"Make Your Own" Trail Mix (M) R	Applesauce Loaf (E) R	Goldfish pretzels (M)	Ritz crackers

(E) : Contains egg (M): Contains milk **Note: Meals/Snacks that "may contain" egg or milk ingredients will not be designated with an E or M.**

Alternate Breakfast Meals: Cold cereal and milk or Yogurt

Alternate Lunch Meals: Cheese Sandwich, Pasta with Tomato Sauce/margarine, or Vegetarian burger on Bun

Infants: mandarin oranges canned will be substituted when orange slices on menu

R/SR: indicate item has a recipe/subrecipe for chefs

**\* Please note: fruits/vegetables are subject to change based on seasonal availability**

Fruits: grapefruit, applesauce, mandarin oranges, clementines, watermelon, bananas, oranges, pineapples, honeydew, pears, cantaloupe, apples, papayas, mangoes, apricots, strawberries, blueberries, blackberries, tangerines, kiwi, raspberries, peaches, plums, cherries (older children)

Last updated 11/3/017