

Medtronic Child Care Center Menu

Mar 18 - 22, 2019

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 4 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	Special K Applesauce Milk	Cottage Cheese Orange Slices Water	BBQ Chicken Green Beans Whole Wheat Roll Watermelon Milk	Sliced Cucumbers Cheese Stick Water
Tuesday	Mushroom and Swiss Quiche Diced Pineapple Milk	Pita Bread Hummus Dip Water	Sweet and Sour Pork With Vegetable Brown Rice Diced Pineapple Milk	Blanched Carrots Spinach Dip Water
Wednesday	Cheerios Strawberries Milk	Mozzarella Tomato And Basil Salad Milk	Chicken Wild Rice Soup Oyster Crackers Steamed Broccoli Diced Mango Milk	Spinach Smoothie Graham Crackers Water
Thursday	Waffles w/Syrup Grapefruit Slices Milk	Wheat Crackers Cheese Stick Water	Oven Baked Chicken Tenders Steamed Peas Banana Milk	Greek Yogurt Granola Crunch Water
Friday	Rice Chex Bananas Milk	Apple Slices Sunbutter Agave Dip Water	Baked Tilapia Steamed Green Beans Diced Melon Milk	Whole Wheat Zucchini Bread 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

*Whole wheat item must be provided every day

Prepared by:

