

Medtronic Child Care Center Menu

March 23, 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 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	Life Cereal Applesauce Milk	Whole Wheat Crackers String Cheese Water	**Baked Chicken Tenders With BBQ Sauce Baked French Fries Roasted Corn Watermelon Milk Veg Option Baked Black Bean and Sweet Potato Cake	Cucumber Slices Avocado Ranch Water
Tuesday	Cheesy Scrambled Eggs Hashbrowns Diced Pineapple Milk	Whole Wheat Mixed Berry Muffin Milk	Chicken Teriyaki (Made With Tamari) Stir Fry Brown Rice Steamed Broccoli Orange Slices Milk Veg Option Tamari Teriyaki Tofu Vegetable Stir Fry	Pita Triangles Hummus Water
Wednesday	Kix Cereal Banana Milk	Cottage Cheese Peaches Water	Turkey Brown Rice Soup Oyster Crackers Steamed Cauliflower Diced Pineapple Milk Veg Option Vegan Tomato Basil Soup	Bell Pepper Sticks Ranch Water
Thursday	Oatmeal Applesauce Milk	Greek Yogurt Granola Water	Rosemary Roasted Chicken Breast Quinoa Steamed Green Beans Diced Melon Milk Veg Option Lentil Tomato Stew	Whole Wheat Banana Bread Milk
Friday	Rice Chex Banana Milk	Sliced Apple Sunbutter Agave Dip Water	**Beef Taco Mac & Cheese Steamed Peas Diced Watermelon Milk Veg Option **Mac and Cheese	Whole Wheat Crackers Cheese Stick Water

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:

