



Ave Maria Child Development Center & Preschool
6161 S. Yale Ave, Tulsa, OK 74136

Menu Cycle 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:15 a.m. to 7:45 a.m.	Corn Chex Cereal Peaches Milk	Cheerios Strawberries Milk	Corn Flakes Fresh Mandarin Oranges Milk	Rice Crispy Cereal Blueberries Milk	Life Cereal Pears Milk
Morning Snack 9:30 a.m.	Fresh Mixed Berries Graham Crackers Water	Egg Salad on Whole Grain Bread Water	Oatmeal Blueberries Water	Yogurt w/ Granola Water	Oatmeal Bread Bananas Water
Lunch 11:30 a.m. CDC Dinner 5:30 p.m.	Baked Spaghetti Green Peas Fresh Mandarin Oranges Milk	Turkey Tetrizzini Diced Carrots Breadstick Banana Milk	Soft Tacos Chicken Fajita Meat Mixed Vegetables Strawberries Milk	Fish Filets Mac & Cheese Garden Blend Applesauce Milk	Ham and Beans Cornbread Muffins Green Beans Mixed Berries Milk
Afternoon Snack 2:30 p.m.	Pumpkin Bread Applesauce Water	String Cheese Goldfish Crackers Water	Avocado Dip Pita Bread Water	Pasta Salad w/ Whole Wheat Crackers Water	Mini Pizza (English Muffin, Mozzarella, Red Sauce) Water
Preschool Dinner 5:30 p.m.	Turkey & Cheese Roll Ups Carrots Apple Slices Milk	Sunbutter Sandwiches Mixed Greens Pears Milk	Tuna Salad on Crackers String Cheese Broccoli Banana Milk	Pepperoni Pizza Snap Peas Strawberries Milk	Diced Ham Cubed Cheese Tomato Slices Peaches Milk

Cow's milk is not served to children under 12 months of age.

Children ages 12 to 24 months will be served whole milk. Children ages 24 months and above will be served 2% milk.