

Medtronic Child Care Center Menu

July 21 – 25, 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				
Tuesday	Oatmeal Peaches Milk	Mini Bagels Cream Cheese Water	Sloppy Joe Whole Wheat Bun Peas Diced Watermelon Milk	Sunbutter Dip Apple Slices Water
Wednesday	Rice Chex Bananas Milk	Cheese Slices Cucumber Slices Water	Tropical Chicken Salad Green Beans Diced Pineapple Milk	Whole Wheat Zucchini Bread Milk
Thursday	Scrambled Eggs Hash Browns Diced Peaches Milk	Greek Yogurt Diced Melon Water	Cheese Quesadilla Steamed Broccoli Mango Milk	String Cheese Whole Wheat Crackers Water
Friday	Special K Diced Melon Milk	Pita Spinach Dip Water	Baked Tilapia Whole Wheat Dinner Roll Steamed Carrots Diced Pears Milk	Hard Boiled Egg V8 Juice 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:

