

Lafayette College Early Learning Center Menu
Week 4-Summer 2017

SEND 1 CAN OF APPLESAUCE PER WEEK

PARENTS: PLEASE CHECK THE MENU BELOW FOR ANY FOOD RELATED ALLERGIES YOUR CHILD MAY HAVE

Note: Water is offered at all meals and snacks.

Category	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Breakfast

Milk: Wh/1%	3/4 cup	3/4 cup	3/4 cup	3/4 cup	3/4 cup
Bread	Corn chex cereal	Strawberry muffin	Branflakes	Waffles	Swiss and scallion biscuit
Fruit	Apple 1/2	Banana 1/2	Honeydew melon	Seasonal fruit 1/2	Cantelope melon

Lunch

Milk: Wh/1%	3/4 cup	3/4 cup	3/4 cup	3/4 cup	3/4 cup
Bread	Sliced wheat baguette	Whole wheat bread	Wheat dinner rolls	Wheat garlic baguette	Pita
Fruit	Banana 1/2	Peaches	Pears	Mixed fruit salad	Apple slices
Meat	Parmesan crusted roast pork loin	Smoked Ham and American cheese	Beef minestrone soup	Pasta, grilled italian pork sausage & broccoli	Mac n' cheese
Vegetable	Sauteed zucchini & squash	Greek orzo salad w/ olives, tomato, cucumber	Kale salad w/ chopped egg, tomato & ranch	Lightly buttered baby carrots	Peas with dill butter
Alt. Fruit/Veg					

*Alternate *

Pizza Wheat bagel	Herb chic peas & rice	Cheese, lettuce and brown rice burrito	Arugula, lemon basil pesto, fr mozz hero	3 bean spinach salad
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Snack

Milk: Wh/1%	1/2 cup	Swiss cubes 1/2 oz	1/2 cup	1/2 cup	1/2 cup
Bread	Nutri-grain bar-1	Wheat Crackers	Fig Newton		Cheddar goldfish crackers
Juice/Fruit/Veg				Watermelon cubes	

Directors Signature:

Date: