

# The Capital Café



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST SNACK</b> 8:30 - 9:00 a.m.	<ul style="list-style-type: none"> <li>▪ Cornflakes Cereal</li> <li>▪ Sliced Bananas</li> <li>▪ Served w/ Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Whole Wheat Waffles</li> <li>▪ Peaches</li> <li>▪ Served w/ Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Toast w/ Sun Butter</li> <li>▪ Apple Slices</li> <li>▪ Served w/ Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Oatmeal</li> <li>▪ Fresh Blueberries</li> <li>▪ Served w/ Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Bagels w/ Cream Cheese</li> <li>▪ Strawberries</li> <li>▪ Served w/ Milk</li> </ul>
<b>LUNCH</b> 11:30-12:00 p.m.	<ul style="list-style-type: none"> <li>▪ <b>Chicken Bowtie Pasta*</b></li> <li>▪ Peas &amp; Carrots</li> <li>▪ Pears</li> <li>▪ Served w/ Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Beef Soft Tacos*</b> w/ Refried Beans</li> <li>▪ Corn</li> <li>▪ Pineapple</li> <li>▪ Served w/ Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Turkey Stew*</b> w/ Mixed Vegetables</li> <li>▪ Cornbread Muffins</li> <li>▪ Cantaloupe</li> <li>▪ Served w/ Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Black Beans, Corn, &amp; Rice Skillet</li> <li>▪ Broccoli</li> <li>▪ Mandarin Oranges</li> <li>▪ Served w/ Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Grilled Cheese Sandwiches</li> <li>▪ Peas</li> <li>▪ Applesauce</li> <li>▪ Served w/ Milk</li> </ul>
<b>AFTERNOON SNACK</b> 2:30-3:00 p.m.	<ul style="list-style-type: none"> <li>▪ Seasonal Fruit</li> <li>▪ String Cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sun Butter &amp; Jelly Roll-Ups</li> <li>▪ Served w/ Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Animal Crackers</li> <li>▪ Served w/ Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sliced Pita Bread</li> <li>▪ Carrots</li> <li>▪ Served w/ Hummus</li> </ul>	<ul style="list-style-type: none"> <li>▪ Goldfish</li> <li>▪ Served w/ Milk</li> </ul>
<b>EVENING SNACK</b> 5:00-5:30 p.m.	<ul style="list-style-type: none"> <li>▪ Crackers</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Crackers</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Crackers</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Crackers</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Crackers</li> <li>▪ Water</li> </ul>

## We Serve Healthy Meals

- Vegetarian meal options available
- Fresh fruits and vegetables served daily
- All meals are baked, not fried
- Proteins include chicken, turkey, ham, beef, cheese, and beans
- Whole milk served to Infants and Toddlers
- 1% milk served to Twos, Preschool, and Kindergarten Prep
- All meals included in the tuition

\*Vegetarian Alternative

