

Duke Children's Campus Menu Week 1

Day	Morning Snack	Lunch	Afternoon Snack
Monday	Oatmeal with Strawberries Hormone Free Milk	Squish Squash Lasagna (Vegan: Tofu Spinach Lasagna) Pineapples Hormone Free Milk	Vegetables & Homemade Hummus (Infants & Toddlers: Pita & Hummus) Water
Tuesday	English Muffin & Grape Preserves Hormone Free Milk	Baked Fish Tacos (Infant Option: Cheese Quesadilla) Beans & Greens Tacos Broccoli Slaw Corn Salsa Sliced Avocado Hormone Free Milk	Baked Sweet Potatoes & Apples Water
Wednesday	Egg & Spinach Wrap Hormone Free Milk	Chicken, Broccoli, & Cheese Penne Pasta Carbonara Fruit Medley Hormone Free Milk	Very Berry Smoothie (Mixed Berries, Bananas, Cranberry Juice, Yogurt) Water
Thursday	Greek Yogurt with Mangos Homemade Granola Hormone Free Milk	Vegetable Chili Boat Apple Slices Homemade Cornbread Hormone Free Milk	Oatmeal Cookie Water
Friday	Homemade Pancakes with Berries Hormone Free Milk	Chicken, Squash, & Corn Stir-Fry Tofu, Squash, & Corn Stir-Fry Pear Slices Brown Rice Hormone Free Milk	Banana Graham Crackers Water

*All Meals are served with Hormone Free Milk, Water or 100% Fruit Juice.
Only brown rice is used, along with ground whole wheat in all homemade baked goods.
Substitutions are made for appropriate age groups, allergies and some dietary needs
This menu is subject to change without notice due to deliveries and emergencies.*

