

Medtronic Child Care Center Menu

April 22 - 26, 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 | Life Cereal Applesauce Milk | Whole Wheat Crackers String Cheese Water | Baked Chicken Tenders Roasted Corn Watermelon Milk | Blanched Jicama Sun butter Water |
| Tuesday | Baked Whole Wheat French Toast With Syrup Orange Slices Milk | Whole Wheat Mixed Berry Muffin Milk | Chicken Teriyaki Stir Fry Brown Rice Banana Steamed Peas Milk | Pita Triangles Hummus Water |
| Wednesday | Kix Cereal Banana Milk | Cottage Cheese Peaches Water | Tomato Basil Soup Whole Wheat Grilled Cheese Steamed Broccoli Diced Pineapple Milk | Sliced Apples Sunbutter Agave Dip Water |
| Thursday | Oatmeal Applesauce Milk | Greek Yogurt Granola Water | Beef Taco Mac & Cheese Green Beans Watermelon Milk | Whole Wheat Banana Bread Milk |
| Friday | Rice Chex Banana Milk | Graham Crackers Fresh Peaches Water | Baked Tilapia Quinoa Cauliflower Diced Melon Milk | Whole Wheat Crackers Cheese Stick 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:

