

OhioHealth Children's Center

What's on the Menu?



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<ul style="list-style-type: none">Whole Wheat BagelCream Cheese	<ul style="list-style-type: none">YogurtGranola	<ul style="list-style-type: none">French toastSyrup	<ul style="list-style-type: none">CerealMangoes	<ul style="list-style-type: none">Blueberry Muffins
LUNCH	<ul style="list-style-type: none">Johnny MarzettiBroccoliDiced Peaches	<ul style="list-style-type: none">Chicken FingersMixed VegetablesMandarin Oranges	<ul style="list-style-type: none">Ham/Cheddar MeltWhole Wheat WrapGreen BeansApplesauce	<ul style="list-style-type: none">Cheese PizzaPepperoni SlicesTossed SaladPineapple Tidbits	<ul style="list-style-type: none">Hamburger on Whole Grain BunCheddar Cheese SlicePeas & CarrotsApplesauce
PM SNACK	<ul style="list-style-type: none">Nutri Grain Bars	<ul style="list-style-type: none">Apple WedgesWheat CrackersInfant fruit cup	<ul style="list-style-type: none">SkeetersBananas	<ul style="list-style-type: none">CrackersCheddar Cheese Slices	<ul style="list-style-type: none">StrawberriesCrackers

We Serve Healthy Meals

- Whole Milk (Infant and Toddler) and 1% milk (preschool/K Prep/Kindergarten) with AM snack and lunch
- Water served with PM snack and offered continually throughout the day
- 100% fruit juice is served with select meals



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<ul style="list-style-type: none"> Biscuit Apple butter 	<ul style="list-style-type: none"> Cereal Blueberries 	<ul style="list-style-type: none"> French toast Syrup 	<ul style="list-style-type: none"> Yogurt Granola 	<ul style="list-style-type: none"> Cereal Banana
LUNCH	<ul style="list-style-type: none"> Mac & Cheese Black Beans Broccoli Applesauce 	<ul style="list-style-type: none"> Fajita Chicken Cheddar Wheat Tortilla Salsa Diced Peaches 	<ul style="list-style-type: none"> Breaded Fish Diced Potatoes Lima Beans Mandarin Oranges 	<ul style="list-style-type: none"> Meat Lasagna Diced Carrots Pineapple Tidbits Roll 	<ul style="list-style-type: none"> Chicken Fingers Peas and Carrots Diced Pears
PM SNACK	<ul style="list-style-type: none"> Apple Wedges Wheat Crackers Infant fruit cup 	<ul style="list-style-type: none"> Graham Crackers Bananas 	<ul style="list-style-type: none"> Cheddar Cheese Apple 	<ul style="list-style-type: none"> Goldfish 	<ul style="list-style-type: none"> Swiss Cheese Wheat Crackers

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<ul style="list-style-type: none"> Blueberry Muffins 	<ul style="list-style-type: none"> French toast Syrup 	<ul style="list-style-type: none"> Cereal Craisins 	<ul style="list-style-type: none"> Yogurt Granola 	<ul style="list-style-type: none"> Apple Muffins
LUNCH	<ul style="list-style-type: none"> Whole Wheat Pasta Meatballs w/ Marinara Tossed Salad Roll Diced Peaches 	<ul style="list-style-type: none"> Chicken Strips Mixed Vegetable Rice Pilaf Mandarin Oranges 	<ul style="list-style-type: none"> Cheese Pizza Pepperoni Slices Green Beans Pineapple Tidbits 	<ul style="list-style-type: none"> Hamburger on Whole Grain Bun Cheddar Cheese Slice Peas & Carrots Applesauce 	<ul style="list-style-type: none"> Swedish Meatballs over Egg noodles Broccoli Pears
PM SNACK	<ul style="list-style-type: none"> Apple Wedges Cheddar cheese Infant fruit cup 	<ul style="list-style-type: none"> Graham Crackers Banana 	<ul style="list-style-type: none"> Cheese Slice Wheat Crackers 	<ul style="list-style-type: none"> Skeeters Strawberries 	<ul style="list-style-type: none"> Goldfish

