

Medtronic Child Care Center Menu

July 15 - 19, 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 With BBQ Sauce Roasted Corn Watermelon Milk Veg Option Grilled Portobella Mushroom	Bell Peppers Avocado Ranch Water
Tuesday	Cheesy Scrambled Eggs Hashbrowns Orange Slices Milk	Whole Wheat Mixed Berry Muffin Milk	**Chicken Teriyaki Stir Fry Brown Rice Steamed Broccoli Orange Slices Milk Veg Option **Teriyaki Tofu	Pita Triangles Hummus Water
Wednesday	Kix Cereal Banana Milk	Cottage Cheese Peaches Water	**Turkey Noodle Soup Whole wheat dinner roll Steamed Cauliflower Diced Pineapple Milk Veg Option **Sunbutter Sandwiches	Sliced Apples Sunbutter Agave Dip Water
Thursday	Oatmeal Applesauce Milk	Greek Yogurt Granola Water	**Rosemary Roasted Chicken Breast Quinoa Steamed Green Beans Diced Melon Milk Veg Option Parmesan Roasted Polenta Cake	Whole Wheat Banana Bread Milk
Friday	Rice Chex Banana Milk	Apple Slices Sunbutter Dip Water	**Whole Wheat Beef Taco Mac And Cheese Steamed Peas Strawberries Milk Veg Option **Mac and Cheese	Whole Wheat Crackers Cheese Stick Water

Local and Hormone Free Milk and Dairy from Hastings Creamery
 All Beef and Turkey Hormone Free
 *Denotes item is vegetarian; **Denotes meat protein can/is served separate
 Water is provided throughout the day
 Whole Milk for Children 2 & under *Skim or 2% Milk for Children over 2

Prepared by:

