

Medtronic Child Care Center Menu

October 21st, 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 5 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	Pears Agave Yogurt Dip Water	Roast Turkey Wild and Brown Rice Pilaf Steamed Peas Pears Milk Veg Option Grilled Portobella Mushroom	Blanched Carrots Ranch Water
Tuesday	Cheesy Scrambled Eggs Hashbrowns Orange Slices Milk	**Whole Wheat Mixed Berry Muffin Milk	**Chicken And Vegetable Lo Mein Steamed Broccoli Mandarin Orange Milk Veg Option **Vegetable Lo Mein	**Graham Cracker Applesauce Water
Wednesday	Kix Cereal Banana Milk	**Mini Bagel Cream Cheese Jelly Milk	Butternut Squash Soup Whole Wheat Grilled Cheese Sandwich Steamed Broccoli Diced Pineapple Milk Veg Option Same	Spinach Smoothie **Pita Triangles Water
Thursday	Cinnamon Oatmeal Apple Sauce Milk	Greek Yogurt Granola Water	Breakfast Pizza Steamed Green Beans Diced Melon Milk Veg Option Parmesan Roasted Polenta Cake	**Whole Wheat Lemon Poppy Seed Bread Milk
Friday	Cheerios Grapefruit Slices Milk	Black Bean Quinoa Salad Milk	**Baked Chicken Tenders Sweet BBQ Sauce Steamed Corn Watermelon Milk Veg Option **Veggie Burger Whole Wheat Bun	**Whole Wheat Crackers Cheese Stick Water/Milk

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:

