



Ave Maria Child Development Center & Preschool
6161 S. Yale Ave, Tulsa, OK 74136

Menu Cycle 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:15 a.m. to 7:45 a.m.	Corn Chex Cereal Peaches Milk	Cheerios Strawberries Milk	All Bran Wheat Flakes Fresh Mandarin Oranges Milk	Life Cereal Blueberries Milk	Corn Flakes Pears Milk
Morning Snack 9:30 a.m.	English Muffin w/ Sunbutter Water	Fruit Smoothies Biscuit Water	Yogurt w/ Granola Water	Pancake Apple Slices (Cooked Apples for 2 & under) Water	Blueberry Muffin Milk
Lunch 11:30 a.m. CDC Dinner 5:30 p.m.	Meat Lasagna Green Beans Breadstick Blueberries Milk	Cheeseburgers Broccoli Bananas Milk	Chicken Tenders Mashed Potato W/ Cream Gravy Steamed Carrots Pears Milk	Sliced Ham Mac & Cheese Green Peas Pineapple Milk	Smoked Chicken Salad Sandwiches Mixed Vegetables Strawberries Milk
Afternoon Snack 2:30 p.m.	Fruit Salad Water	Blueberry Lemon Whole Grain Bites Water	Applesauce and Graham Crackers Water	Hummus w/ Pita Bread Water	Banana Granola Water
Preschool Dinner 5:30 p.m.	Turkey & Cheese Roll Ups Carrots Apple Slices Milk	Sunbutter Sandwiches Mixed Greens Pears Milk	Hulk Smoothie String Cheese Milk	Pepperoni Pizza Snap Peas Strawberries Milk	Diced Ham Cubed Cheese Tomato Slices Peaches Milk

Cow's milk is not served to children under 12 months of age.

Children ages 12 to 24 months will be served whole milk. Children ages 24 months and above will be served 2% milk.



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Menu Cycle 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:15 a.m. to 7:45 a.m.	Corn Chex Cereal Peaches Milk	Cheerios Strawberries Milk	All Bran Wheat Flakes Fresh Mandarin Oranges Milk	Life Cereal Blueberries Milk	Corn Flakes Pears Milk
Morning Snack 9:30 a.m.	Whole Wheat Biscuit Turkey Sausage Water	Oatmeal Blueberries Water	Scrambled Eggs Water	Applesauce w/Granola Melon Water	Whole Grain Pancake Peaches Water
Lunch 11:30 a.m.	Cheese Ravioli Malibu Blend Vegetables Mixed Berries Milk	BBQ Chicken Breast Au Gratin Potatoes Steamed Broccoli Banana Milk	Beef Fajitas Mixed Vegetables Strawberries Milk	Ham & Cheese Quiche Peas Fresh Mandarin Orange Milk	Panko Chicken Chunks Sweet Potato Fries Garden Blend Vegetables Banana Milk
CDC Dinner 5:30 p.m.					
Afternoon Snack 2:30 p.m.	Grilled Chicken Nuggets Milk	Cereal Bar Peaches Water	Breadstick w/ Marinara Sauce Water	Banana Muffin Milk	String Cheese Applesauce Water
Preschool Dinner 5:30 p.m.	Pinwheels Cucumber Slices Melon Milk	Hummus w/ Pita Bread Green Pepper Slices Pineapple Milk	Pepperoni Pizza Peaches Milk	Turkey & Cheese Roll Ups Potato Salad Banana Milk	Diced Ham Cubed Cheese Tomato Slices Peaches Milk

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Menu Cycle 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:15 a.m. to 7:45 a.m.	Corn Chex Cereal Peaches Milk	Cheerios Strawberries Milk	All Bran Wheat Flakes Fresh Mandarin Oranges Milk	Life Cereal Blueberries Milk	Corn Flakes Pears Milk
Morning Snack 9:30 a.m.	Fresh Mixed Berries Graham Crackers Water	Apple Cinnamon Muffin Water	Cream of Wheat Raspberries Water	Yogurt w/ Granola Water	Bran Muffin Banana Water
Lunch 11:30 a.m. CDC Dinner 5:30 p.m.	Baked Spaghetti Green Peas Fresh Mandarin Oranges Milk	Turkey Tetrizzini Diced Carrots Breadstick Banana Milk	Grilled Ham & Cheese on Wheat Bread Mixed Vegetables Diced Carrots Strawberries Milk	Fish Filets Mac & Cheese Garden Blend Vegetables Applesauce Milk	Enchilada Soup Cornbread Muffins Green Beans Mixed Berries Milk
Afternoon Snack 2:30 p.m.	Lemon Blueberry Bites Applesauce Water	String Cheese Goldfish Crackers Water	Pretzel Stick Diced Pineapple Chunks Water	Kale Pesto Marinara Cheese Tortellini Water	Mini Pizza (English Muffin, Mozzarella, Red Sauce) Water
Preschool Dinner 5:30 p.m.	Turkey & Cheese Roll Ups Carrots Apple Slices Milk	Sunbutter Sandwiches Mixed Greens Pears Milk	Pepperoni Pizza Snap Peas Strawberries Milk	Ranch Ham Roll Ups Broccoli Banana Milk	Tuna Salad Sandwich Edamame Blueberries Milk

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Menu Cycle 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:15 a.m. to 7:45 a.m.	Corn Chex Cereal Peaches Milk	Cheerios Strawberries Milk	All Bran Wheat Flakes Fresh Mandarin Oranges Milk	Life Cereal Blueberries Milk	Corn Flakes Pears Milk
Morning Snack 9:30 a.m.	Scrambled Eggs Strawberries Water	Cinnamon Breadstick Mixed Berries Water	Fruit Smoothies Toast Water	Whole Wheat Biscuit Turkey Sausage Water	Apple Cheese Biscuit Water
Lunch 11:30 a.m. CDC Dinner 5:30 p.m.	Steak Fingers Mashed Potato Cream Gravy Green Beans Blueberries Milk	Beefy Macaroni w/ Marinara on the side Italian Blend Vegetables Banana Milk	Turkey Roasted Diced Sweet Potatoes Mixed Vegetables Strawberries Milk	Pulled Pork Sandwich Baked Beans Applesauce Milk	Grilled Cheese on Whole Wheat Bread Chicken Noodle Soup Garden Vegetables Mixed Berries Milk
Afternoon Snack 2:30 p.m.	Yogurt w/ Granola Water	Ham & Cream Cheese Pinwheels Water	Cheese Cubes Apple Slices (cooked apples under 3) Water	Graham Crackers w/ Yogurt Water	Diced Chicken and Cheese Quesadillas Fresh Oranges Water
Preschool Dinner 5:30 p.m.	Turkey & Cheese Roll Up Potato Salad Melon Milk	Hummus w/ Whole Wheat Pita Green Pepper Slices Pineapple Milk	Tuna Salad Sandwich Edamame Blueberries Milk	Veggie & Cream Cheese Pinwheels Banana Milk	Hulk Smoothie String Cheese Milk

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Menu Cycle 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:15 a.m. to 7:45 a.m.	Corn Chex Cereal Peaches Milk	Cheerios Strawberries Milk	All Bran Wheat Flakes Fresh Mandarin Oranges Milk	Life Cereal Blueberries Milk	Corn Flakes Pears Milk
Morning Snack 9:30 a.m.	Apple Cinnamon Muffin Milk	English Muffin w/ Ham & Cheese Water	Oatmeal Blueberries Water	Whole Grain Waffle Milk	Fruit Salad Cereal Bar Water
Lunch 11:30 a.m. CDC Dinner 5:30 p.m.	Tortellini w/ Alfredo Sauce Garlic Toast Steamed Broccoli Mixed Berries Milk	Meatballs w/ Marinara Sauce Steamed Potatoes Green Beans Dinner Roll Banana Milk	Broccoli, Rice, & Chicken Casserole Garden Vegetables Applesauce Milk	Pizza California Vegetables Strawberries Milk	Meatloaf w/ Beef Gravy Scalloped Potatoes Peas & Carrots Fresh Mandarin Orange Milk
Afternoon Snack 2:30 p.m.	Turkey & Cheese on Whole Wheat Bread Water	Cereal Trail Mix Peaches Water	Zucchini Bread Milk	Ham & Cheese w/ Wheat Crackers Water	Granola Bar Banana Water
Preschool Dinner 5:30 p.m.	BBQ Chicken Pizza Cucumber Slices Pears Milk	Hulk Smoothie String Cheese Milk	Hummus w/ Whole Wheat Pita Green Pepper Slices Grapes Milk	Ranch Ham Roll Ups Edamame Peaches Milk	Ham & Cheese Sandwich String Cheese Tomato Slices Applesauce Milk

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