

Medtronic Child Care Center Menu

August 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	Rice Chex Applesauce Milk	Greek Yogurt Granola Water	Baked Penne with Marinara Roasted Broccoli Diced Pineapple Milk Veg Option **Same	Whole Wheat Crackers String Cheese Water
Tuesday	Cream Of Wheat Diced Honeydew Milk	Sliced Apple Yogurt Agave Dip Water	Lemon Baked Cod Whole Grain Rice Pilaf Roasted Beets Sliced Strawberries Milk Veg Option **Roasted Red Pepper Polenta Cake	Bell Pepper Sticks Avocado Ranch Milk
Wednesday	Life Cereal Diced Cantaloupe Milk	Cottage Cheese Peaches Water	Rosemary Grilled Chicken Breast Roasted Sweet Potato Watermelon Milk Veg Option **Black Bean Chili	Spinach Smoothie Graham Crackers Water
Thursday	Fiesta Scrambled Eggs Cheese, Onion, Pepper, and Taco Seasoning Grapefruit Slices Milk	Pita Hummus Water	Whole Wheat Mac and Cheese Green Beans Pears Milk Veg Option **Same	Cucumber Slices Avocado Ranch Dip Milk
Friday	Kix Cereal Banana Milk	Whole Wheat Mini Bagel Cream Cheese Water	Teriyaki Tofu Stir Fry Peas Diced Melon Milk Veg Option **Same	Sliced Apples Sunbutter Dip Water

Local and Hormone Free Milk and Dairy from Hastings Creamery

All Beef and Turkey Hormone Free

**Denotes item is vegetarian

Water is provided throughout the day

Whole Milk for Children 2 & under *Skim or 2% Milk for Children over 2

Prepared by:

