

Medtronic Child Care Center Menu

December 9, 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	Kix Cereal Bananas Milk	Graham Cracker Cinnamon Yogurt Dip Water	Broccoli Cheese Soup **Oyster Crackers Roasted Beets Watermelon Milk Veg Option: Same	**Pita Points Black Bean Hummus Water
Tuesday	Scrambled Eggs Cheesy Hash Browns Diced Pineapple Milk	**Whole Wheat Sunbutter Sandwich Water	**Cheese Quesadilla Roasted Corn Diced Mango Milk Veg Option: **Same	Cucumber Slices Spinach Dip Water
Wednesday	Cheerios Banana Milk	Greek Yogurt Peaches Water	Sweet BBQ Pulled Pork **Whole Wheat Bun Cauliflower Peaches Milk Veg Option: **Veggie Burger	Bell Pepper Sticks Avocado Ranch Water
Thursday	Cream of Wheat Raisins Apple Sauce Milk	**Mini Bagel Cream Cheese/Grape Jelly Milk	**Whole Wheat Turkey & Cheese Sandwich Green Beans Diced Melon Milk Veg Option: Tomato and Lentil Stew	Strawberry Banana Smoothie Pita Triangles Water
Friday	Chex Cereal Strawberries Milk	Cottage Cheese Mandarin Orange Water	**Penne with Chicken and Sundried Tomato Alfredo Roasted Broccoli Diced Cantaloupe Milk Veg Option: **Penne with Sundried Tomato Alfredo	**Whole Wheat Crackers String Cheese Water/Milk

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:

