

# Raritan Child Development Center

Week 1: Weeks of November 20th, December 18th, January 15th



Menu may vary between Centers.

## BREAKFAST\*

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Starch/ Grain	Rice Chex, Cheerios, Rice Krispies, Corn Pops	Biscuit	French Toast (E,M) w/Syrup	Hashbrown patty	Mini Banana Muffin (E,M) <b>R</b>
Protein		Turkey sausage (veg patty(E,M) for vegetarians) w/cheese		Hard cooked egg ( E)	Cheese stick (M)

## LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Entrée	Tortellini with peas and tomatoes (M,E) <b>R/SR</b>	Beef Chili <b>R</b>	Chicken Cheese Steak wrap (M) <b>R</b>	Sliced Roasted Turkey <b>R</b> w/gravy <b>R</b>	Teriyaki chicken <b>R</b>
Vegetable		Roasted Cauliflower	Chicken noodle Soup <b>R</b>	Seasoned Green Beans	Broccoli
Starch/ Grain		Jasmine rice	Tortilla wrap	<b>NEW</b> Candied Yams <b>R</b>	Lo mein noodles
Fruit	Fruit	Fruit	Fruit	Cranberry sauce <b>R</b>	Fruit
Vegetarian Option (Entrée)	Tortellini with peas and tomatoes (M,E)	Vegetarian chili	vegetable noodle soup w/ cheese quesadilla <b>R</b>	Lentils and couscous <b>R</b>	Teriyaki Tofu and broccoli w/ lomein noodles



## SNACK

serve 2 components	Monday	Tuesday	Wednesday	Thursday	Friday
Protein		Yogurt (M)	Hummus	LF Ranch Dressing (E,M)	vegetable cream cheese (M)
Fruit/Veg	Cucumber Slices		Carrots sticks	Carrots	Cucumber circles
Starch/ Grain	Pumpkin Oatmeal Cookies ( E) <b>R</b>	Belvita cookies	Cheez its (M)	Goldfish cheddar (M)	Ritz crackers

(E) : Contains egg (M): Contains milk **Note: Meals/Snacks that "may contain" egg or milk ingredients will not be designated with an E or M.**

Alternate Breakfast Meals: Cold cereal and milk or Yogurt

Alternate Lunch Meals: Cheese Sandwich, Pasta with Tomato Sauce/margarine, or Vegetarian burger on Bun

Last updated 11/3/2017

Infants: mandarin oranges canned will be substituted when orange slices on menu

**R/SR:** indicate item has a recipe/subrecipe for chefs

**\* Please note: fruits/vegetables are subject to change based on seasonal availability**

**Fruits: grapefruit, applesauce, mandarin oranges,clementines,watermelon, bananas, oranges, pineapples, honeydew, pears, cantaloupe, apples papayas,mangoes,apricots, strawberries,blueberries,blackberries,tangerines,kiwi, raspberries,peaches,plums,cherries(older children)**



Week 2: Weeks of November 27th, December 25th, January 22nd



Menu may vary between Centers.

**BREAKFAST\***

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Starch/ Grain	Rice Chex, Cheerios, Rice Krispies, Corn Pops	Wheat English Muffin (M)margarine/jelly/or crm cheese on side	Waffle (E,M) w/Syrup	Hashbrown patty	Mini bagel (M) w/LF crm cheese/jelly or margarine
Protein		Scrambled egg (E)		Turkey Bacon	

**LUNCH**



	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Entrée	Grilled cheese (M)	Turkey Sloppy Joe on bun <b>R</b>	Macaroni and cheese w/ham casserole (M) <b>R</b>	Beef Burrito (M) w/salsa and sour cream <b>R/SR</b>	Chicken Fingers w/Honey mustard (infants -BBQ sauce)
Vegetable	Cream of tomato Soup (M) <b>R</b>	Butternut squash soup <b>R</b>	Sauteed green beans	Corn	Spinach salad
Starch/ Grain		Dinner roll		Tortilla	House made seasoned potato wedges
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Vegetarian Option (Entrée)	Grilled cheese (M)	Vegetarian bean sloppy joe on bun	Macaroni and Cheese casserole (no ham)(M) <b>R</b>	Bean Burrito ( w/o beef) (M) w/salsa and sour cream	Tofu Fingers w/honey mustard Sauce <b>R</b>
Non Dairy Option (Entrée)	Turkey Sandwich on Wheat	Pasta with Marinara	Spanish Paella	Beef Burrito (1528.5, no cheese) w/salsa	Chicken Fingers (49873) (E) with BBQ Dipping Sauce

**SNACK**

serve 2 components

	Monday	Tuesday	Wednesday	Thursday	Friday
Protein		Strawberry smoothie (M) <b>R</b>		Yogurt Dipping Sauce (M) <b>R</b>	Milk
Fruit/Veg	Cucumber slices		Pear slices with Am. cheese (M)	Mixed fruit	
Starch/ Grain	Soft pretzels	Nilla wafers(M)	Ritz crackers	Graham Crackers	Lorna Doones
Non Dairy Option		Pear Slices with Sliced Ham	Pretzel bites, Hummus & Cucumber slices		Apple Slices w/Graham Crackers

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Last updated 11/3/2017



Week 3: Weeks of December 4th, January 1st and January 29th



Menu may vary between Centers.

**BREAKFAST\***

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Starch/ Grain	Rice Chex, Cheerios, Rice Krispies, Corn Pops	Mini corn muffin (E,M) <b>R</b>	French Toast (E,M) with Syrup	Cream of Wheat w/brown sugar	Wheat English Muffin (M)margarine/jelly/or crm cheese on side
Protein		Yogurt (M)		Hard-boiled Egg (E)	Turkey Bacon

**LUNCH**

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Entrée	Baked Ziti(M,E) <b>R</b>	Baked Battered cod (M)	Homestyle Macaroni and Cheese (M) <b>R</b>	<b>NEW</b> Hamburger sliders lettuce/tomatoes sides	Chicken and Black Bean Quesadilla (M) <b>R</b> w/ salsa and sour cream
Vegetable	Sauteed zucchini	Buttered Carrots	Roasted Broccoli	Sweet Potato Fries	Carrot coins
Starch/ Grain		Risotto (M) <b>R</b>		Slider rolls	on flour tortilla
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Vegetarian Option(Entrée)	Baked Ziti (M,E)	Cheese Quiche (E, M) <b>R</b>	Homestyle Macaroni and Cheese (M)	Veggie Burger on Bun w/lettuce/tomatoes sides	Black Bean Quesadilla(w/o chicken) (M)w/salsa
Non Dairy Option (Entrée)	Turkey Burger on Bun	Chicken & Vegetable Stirfry	Baked Potato Bar	Sliced Roasted Turkey (21395) w/gravy (1468)	Chicken and Black Bean Quesadilla (15650 w/o cheese) w/salsa



**SNACK**

serve 2 components

	Monday	Tuesday	Wednesday	Thursday	Friday
Protein	Milk	cheddar cheese squares (M)	Make Your Own Parfait: Vanilla Yogurt (M)		Vanilla Ice cream (M)
Fruit/Veg		cucumber slices	Fruit	Fruit	Banana
Starch/ Grain	Animal Crackers	Goldfish pretzels (M)	Graham Crackers	Sweet Potato Bread (E) <b>R</b>	Waffles (E,M)
Non Dairy Option		"Make Your Own" Trail Mix (w/o goldfish)	Wheat Crackers, Hummus, Cantaloupe	Cucumbers, Raspberry Vinaigrette, Wheat Crackers	Fruit Ice

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Week 4: Weeks of December 11th, January 8th, February 5th



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	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Starch/ Grain	Rice Chex, Cheerios, Rice Krispies, Corn Pops	Whole Wheat Toast w/ margarine or jelly	Quiche lorraine muffins (M,E) <b>R</b> (contains turkey bacon) *vegetarian option w/out bacon	Pancakes (E,M) w/Syrup	Croissant (M, E) w/butter/jelly
Protein		Scrambled eggs (E)			Vegetarian patty (E,M) w/cheese



**LUNCH**

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Entrée	Cheese raviolis in marinara sauce (M,E) <b>R</b>	Melted cheese quesadilla (M) <b>R</b>	BBQ chicken <b>R</b>	Turkey Meatloaf w/ gravy (E) <b>R/SR</b>	Cheese Pizza (M)
Vegetable	Roasted Broccoli	Vegetable rice soup <b>R</b>	Cooked carrots	Spaghetti squash <b>R</b>	Peas
Starch/ Grain		Tortilla	Breadsticks	Mashed Potato(M) <b>R</b>	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Vegetarian Option(Entrée)	Cheese raviolis in marinara sauce (M,E)	Melted cheese quesadilla and soup (M)	Chickpea Moroccan <b>R</b>	Vegetable Wrap w/hummus spread <b>R</b>	Cheese Pizza (M)
Non Dairy Option (Entrée)	Pasta with Marinara	Turkey Sloppy Joe (1474.1)	Baked Fish	Pasta with Marinara	Veggie Burger on Bun

**SNACK**

	Monday	Tuesday	Wednesday	Thursday	Friday
Protein				String cheese (M)	Sunbutter
Fruit/Veg	Carrot sticks	Craisins	Cucumber sticks		
Starch/ Grain	Fig Newtons (M)	"Make Your Own" Trail Mix (M) <b>R</b>	Applesauce Loaf (E) <b>R</b>	Goldfish pretzels (M)	Ritz crackers
Non Dairy	Pretzel bites w/Hummus, carrot sticks			Apple Slices w/Graham Crackers	

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Last updated 1/2/018