

**PARK RIDGE CHILD CARE CENTER MENU (Fall 2019)**

**All Milk served is unflavored Whole Milk (under age 2) and Low Fat (1%) Milk, water is served with all meals and snacks**

| Week 1                                    |  |
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| <b>Monday:</b><br>Breakfast:<br>Lunch:    | WW English Muffin (WGR)/ Pineapple Tidbits/Sunflower Butter/ Milk<br>Macaroni and Cheese (Homemade)<br>Cooked Carrots<br>Broccoli<br>Milk  |
| Snack:                                    | Apples (Preschool/ SA)/ Apple Slices (infant/toddler)/ Animal Crackers   |
| <b>Tuesday:</b><br>Breakfast:<br>Lunch:   | Corn Flakes Cereal / Mandarin Oranges/ Milk<br>Grilled Chicken w/ BBQ Sauce w/ LF Sliced Cheese on a WW Bun<br>Scalloped Potatoes<br>Capri Mixed Vegetables<br>Milk  |
| Snack:                                    | Ranch Hexagon Crackers (WGR)/ Diced Peaches  |
| <b>Wednesday:</b><br>Breakfast:<br>Lunch: | French Toast Sticks/ Applesauce/ Milk<br>Beef Sloppy Joe on a WW Bun<br>California Blend Vegetables<br>Tossed Salad(Preschool/ SA wing) (½ c.= ¼ c serving size) w/Italian dressing<br>Cooked Zucchini (Infant/Toddler Wing)<br>Milk |
| Snack:                                    | Graham Cinnamon Bug Crackers (WGR)/ LF String Cheese   |
| <b>Thursday:</b><br>Breakfast:<br>Lunch:  | Pillsbury Mini Biscuit (WGR)/ Jelly/ Citrus Fruit Blend/ Milk<br>Spanish Rice with Kidney Beans<br>Peas<br>Peaches<br>Milk   |
| Snack:                                    | Cheez-Its (WGR)/ Pears   |
| <b>Friday:</b><br>Breakfast:<br>Lunch:    | Cheerios Cereal (WGR)/ Banana / Milk<br>Meatloaf with<br>WW Bread<br>Carrots<br>Cooked Spinach<br>Milk   |
| Snack:                                    | Vanilla Yogurt / Pineapple Tidbits   |

| Week 2                                    |   |
|---|---|
| <b>Monday:</b><br>Breakfast:<br>Lunch:    | ½ Cheese Omelet/ Tropical Fruit Mix/ Milk<br>BBQ Diced Chicken on a Pita<br>Tossed Salad (Preschool/ SA Wing) (½ c.= ¼ c serving size) w/Italian<br>Cooked Zucchini (Infant/Toddler Wing)<br>Cantaloupe Cubes<br>Milk |
| Snack:                                    | Banana Bread (WGR)/ Apples (Preschool/ SA)/ Apple Slices (infant/toddler)   |
| <b>Tuesday:</b><br>Breakfast:<br>Lunch:   | Vanilla Yogurt / Diced Peaches/ Milk<br>Turkey & Swiss Roll Up in soft WW Tortilla (WGR)<br>Tomato Soup (1 cup = ¼ cup vegetable)<br>Applesauce<br>Milk   |
| Snack:                                    | Cottage Cheese/ Pineapple Tidbits   |
| <b>Wednesday:</b><br>Breakfast:<br>Lunch: | Cream of Wheat / Mandarin Oranges/ Milk<br>Beef Chili (w/ Kidney Beans)<br>WW Dinner Roll<br>Peas<br>Fruit Cocktail<br>Milk   |
| Snack:                                    | Cheez-Its (WGR) / Hummus  |
| <b>Thursday:</b><br>Breakfast:<br>Lunch:  | Oatmeal (WGR)/ Banana /Milk<br>Rotini w/ Turkey Sauce (Grated Parmesan Cheese)<br>Green Beans<br>Honeydew Cubes<br>Milk   |
| Snack:                                    | Mini Bagel/ Jelly/Peaches   |
| <b>Friday:</b><br>Breakfast:<br>Lunch:    | Corn Chex Cereal / Pears / Milk<br>Chicken Teriyaki Stir-Fry w/ Brown Rice (WGR)<br>Mixed Vegetables<br>Mandarin Oranges<br>Milk  |
| Snack:                                    | Saltine Crackers / LF Cubed Cheese  |

| Week 3                                    |  |
|---|--|
| <b>Monday:</b><br>Breakfast:<br>Lunch:    | Pillsbury Mini Biscuit (WGR)/ Jelly/ Peaches/ Milk<br>Ground Turkey Sloppy Joes on WW Bun (WGR)<br>Peas<br>Canned Apple Slices<br>Milk   |
| Snack:                                    | Honey Graham Crackers/Cream Cheese / Mandarin Oranges  |
| <b>Tuesday:</b><br>Breakfast:<br>Lunch:   | WW English Muffin (WGR)/ Jelly/ Applesauce /Milk<br>Chicken Salad & American Cheese Roll-up in a Soft WW Tortilla (WGR)<br>Homemade Minestrone Soup (1 cup = ¼ cup vegetable)<br>Green Beans<br>Milk |
| Snack:                                    | Graham Cinnamon Bug Crackers (WGR) / Tropical Fruit  |
| <b>Wednesday:</b><br>Breakfast:<br>Lunch: | Parfait (Vanilla Nonfat Yogurt, Cheerios Cereal (WGR), Pineapple)/ Milk<br>Macaroni and Cheese (Homemade)<br>Broccoli<br>Cauliflower<br>Milk   |
| Snack:                                    | Banana/ Sunflower Butter   |
| <b>Thursday:</b><br>Breakfast:<br>Lunch:  | ½ Cheese Omelet/ Citrus Blend Fruit /Milk<br>Lasagna Roll-up w/ WW Dinner Roll<br>Cooked Spinach<br>Pears<br>Milk  |
| Snack:                                    | Soft WW Tortilla (WGR) / Hummus  |
| <b>Friday:</b><br>Breakfast:<br>Lunch:    | Corn Flakes Cereal /Peaches / Milk<br>Goulash (Turkey)<br>Cooked Carrots<br>Pineapple Tidbits<br>Milk  |
| Snack:                                    | Sweet Potato Crackers (WGR) /LF Cubed Cheese   |

| Week 4                                    |   |
|---|---|
| <b>Monday:</b><br>Breakfast:<br>Lunch:    | WW Tortilla (WGR) / Sunflower Butter/ Banana/ Milk<br>Turkey Burger w/ LF Cheese & WW Burger Roll<br>Sweet Potato Fries<br>Broccoli & Cauliflower Mix<br>Milk   |
| Snack:                                    | Cottage Cheese/ Peaches   |
| <b>Tuesday:</b><br>Breakfast:<br>Lunch:   | Corn Muffin / Apple Slices / Milk<br>Shepherd's Pie<br>Ground Beef w/ Gravy<br>Mashed Potatoes<br>Mixed Vegetables<br>Fruit Cocktail<br>Milk  |
| Snack:                                    | Ranch Hexagon Crackers (WGR)/ Mandarin Oranges  |
| <b>Wednesday:</b><br>Breakfast:<br>Lunch: | Oatmeal (WGR)/ Diced Pears / Milk<br>Pancakes with Syrup<br>Turkey Sausage Patty<br>Cooked Carrot Coins<br>Applesauce<br>Milk   |
| Snack:                                    | Vanilla Yogurt / Pineapple Tidbits  |
| <b>Thursday:</b><br>Breakfast:<br>Lunch:  | Corn Chex Cereal/ Banana / Milk<br>Chicken Meatball (CN) Sub w/ Marinara Sauce<br>on a WW Hotdog Roll (WGR) w/shredded cheese<br>Cooked Zucchini<br>Cauliflower<br>Milk   |
| Snack:                                    | Mini Pita Bread / Sunflower Butter  |
| <b>Friday:</b><br>Breakfast:<br>Lunch:    | Life Cereal (WGR)/ Diced Peaches / Milk<br>Chicken Fajita Strips w/ Sweet & Sour Dip<br>Homemade Coleslaw (Vinegar Based) (Preschool/ SA Wing)<br>Peas (Infant/Toddler Wing)<br>Mandarin Oranges<br>WW Bread Sticks<br>Milk |
| Snack:                                    | Cheeze-Its(WGR)/ Diced Pears  |

1/30/2020





