



DAILY NUTRITIOUS MEALS

Sample Menu at 2forU Childcare



MONDAY

A.M. SNACK:

- Biscuits
- Sausage Gravy
- Diced Pears



LUNCH:

- Hot Dog on a Whole Grain Bun
- Steamed Broccoli
- Mixed Fruit



P.M. SNACK:

- Nut-Free Trail Mix
- Variety Fruit



TUESDAY

A.M. SNACK:

- Whole Grain Pancakes
- Tropical Fruit Salad



LUNCH:

- Pasta with Beef Mariana
- Green Beans
- Spiced Sugar Apple Slices



P.M. SNACK:

- Goldfish
- Fruit Cocktail



WEDNESDAY

A.M. SNACK:

- Assorted Whole Grain Cereal
- Variety Fruit



LUNCH:

- Pepperoni & Cheese Quesadilla
- Buttered Corn
- Pineapple Chunks



P.M. SNACK:

- Whole Grain Wheat Thins
- String Cheese
- Mixed Fruit



THURSDAY

A.M. SNACK:

- Mini Bagels
- Apple Slices



LUNCH:

- Whole Grain Fish Sticks
- Whole Grain Roll
- Steamed Peas & Carrots
- Oranges



P.M. SNACK:

- Graham Crackers
- Fruit Dip



FRIDAY

A.M. SNACK:

- Whole Grain Breakfast Bars
- Oranges



LUNCH:

- Alfredo Meatballs
- Whole Grain Roll
- Vegetable Medley
- Fruit Salad



P.M. SNACK:

- Animal Crackers
- Variety Fruit



*Milk is served for all morning snacks and lunch meals *Water is served for all afternoon snacks