



# 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