



sweet kiddles[®]

flexible childcare center

Week of:

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Yogurt Fruit bar Raisins Milk	Cereal Apple slices Milk	English muffin Jam Fresh fruit Milk	Raspberries Wheat toast with jelly Milk	Honey nut Cheerios Orange slices Milk	
AM Snack	Apple slices Peanut butter	Fresh cucumber Pretzels	Cheese crackers Raisins	Honey nut Cheerios Banana	Sweet peppers Hummus	
Lunch	Chicken nuggets Mashed potatoes Corn Applesauce Milk	French Toast Sausage links Oranges Cooked carrots Milk	Meatball sub Steamed broccoli Pears Milk	Mexican chicken Brown rice Black beans Mango Milk	Turkey and cheese kabobs Carrots with ranch Wheat crackers Apples Milk	Chef's choice Protein Grain Vegetable Fruit Milk
PM Snack	Graham crackers Grapes	Strawberries Cereal bars	Cheese and fruit kabobs	Animal crackers Melon	Pretzels Raisins	Pretzels Cheese sticks
Dinner	Chicken nuggets Mashed potatoes Corn Applesauce Milk	French Toast Sausage links Oranges Cooked carrots Milk	Meatball sub Steamed broccoli Pears Milk	Mexican chicken Brown rice Black beans Mango Milk	Cheese Pizza Fresh Veggies Fresh Fruit Milk	Cheese Pizza Fresh Veggies Fresh Fruit Milk
Evening Snack	Fresh cucumber Pita chips	Veggie sticks Hummus	Goldfish/ Penguins Raisins	Graham crackers Applesauce	Popcorn/Puffs Raisins	Vanilla wafers Bananas