



sweet kiddles®

flexible childcare center

Week of:

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Yogurt Fruit bar Raisins Milk	French toast Apple slices Milk	Fresh raspberries Biscuits with butter and jelly Milk	Rice Krispies cereal Apple slices Milk	Wheat toast with jelly Orange slices Milk	
AM Snack	Apple slices Peanut butter	Fresh cucumber Pretzels	Cheese crackers Raisins	Cheerios Milk	Celery Peanut butter	
Lunch	Meatball sub Fresh broccoli with ranch Mixed fruit Milk	Beef goulash Corn Mixed fruit Milk	Mexican cheese Brown rice Black beans Mixed fruit Milk	Mac and cheese Orange slices Green beans Milk	Chicken patty on bun Carrot sticks Pineapple Milk	Chef's choice Protein Grain Vegetable Fruit Milk
PM Snack	Cheese and fruit kabobs 100% fruit juice	Rice krispie treats Melon 100% fruit juice	M&M granola bars 100% fruit juice	Salsa and tortilla chips 100% fruit juice	Fresh cucumber Pita chips 100% fruit juice	Veggie sticks and hummus 100% fruit juice
Dinner	Meatball sub Fresh broccoli with ranch Mixed fruit Milk	Beef goulash Corn Mixed fruit Milk	Mexican cheese Brown rice Black beans Mixed fruit Milk	Mac and cheese Orange slices Green beans Milk	Cheese Pizza Fresh Veggies Fresh Fruit Milk	Cheese Pizza Fresh Veggies Fresh Fruit Milk
Evening Snack	Cereal Milk	Granola/Cereal Bar Milk	Cheese Crackers & 100% fruit juice	Pretzels & Raisins	Popcorn or Pretzels 100% fruit juice	Popcorn or Pretzels 100% fruit juice