



sweet kiddles[®]
flexible childcare center

Week of:

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	French Toast Apple slices Milk	Sausage Patty English Muffin 100% Fruit Juice Milk	Cereal 1/2 Banana Milk	Cereal Bar Peaches Milk	Yogurt Pancakes 100% Fruit Juice Milk	
AM Snack	Pretzel Rod Cheese Stick	Cheerios Milk	Veggies Hummus & Crackers	Fruit & Cheese Kabobs	Pretzel Rod Cheese Stick	Yogurt Fresh Fruit
Lunch	Spaghetti & Meatballs Tossed Salad Pears Milk	PB&J Fresh Veggies w/Ranch or Hummus Fresh Fruit Milk	Chicken Patty on Bun Green Beans Fresh Fruit Milk	Hamburger on Bun Baked Beans Fresh Fruit Milk	Beef or Chicken Enchiladas Corn Pineapple Milk	Chef's Choice Protein Grain Veggie Fruit Milk
PM Snack	Yogurt Banana	Popcorn Fresh Fruit	Fruit & Yogurt Parfait	Cheerios Milk	Tortilla Chips Salsa or Guacamole	Fresh Fruit & Cheese Stick
Dinner	Spaghetti & Meatballs Tossed Salad Pears Milk	PB&J Fresh Veggies w/Ranch or Hummus Fresh Fruit Milk	Chicken Patty on Bun Green Beans Fresh Fruit Milk	Hamburger on Bun Baked Beans Fresh Fruit Milk	Papa John's Cheese Pizza Fresh Veggies Fruit Milk	Papa John's Cheese Pizza Fresh Veggies 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