



sweet kiddles[®]

flexible childcare center

Week of:

Avon Lake: Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Yogurt with Granola and Fruit Milk	Cereal Apple slices Milk	Nutri-grain bars Oranges Milk	Wheat Toast w/ Jelly Fruit Milk	Waffles Berries Milk	
AM Snack	Apple slices Peanut Butter	Pretzels Raisins/fruit	Muffins Fresh Fruit	Cottage Cheese Fruit	Granola Bar Applesauce	Chef's Choice Snack
Lunch	English Muffin Pizza Peas Fresh Fruit Milk	Chicken and Rice Bake Veggies Crackers Fresh Fruit Milk	Peanut Butter with Jelly Sandwiches Fresh Fruit Fresh Veggies Milk	Scrambled Eggs Sausage Hash Browns Mixed Veggies Milk	Turkey and Cheese roll ups Salad with dressing/greens Fresh Fruit Milk	Chef's choice Protein Grain Vegetable Fruit Milk
PM Snack	Crackers Cream Cheese	Animal Crackers Fresh Fruit	Tortilla and Salsa/Gauc.	Pretzels Applesauce	Yogurt Popcorn or puffs	Pretzels Cheese sticks
Evening Snack (if here after 7pm)	Fresh Cucumber Pita Chips	Veggie Sticks Hummus	Goldfish Raisins	Graham Crackers with Peanut Butter	Cheese-it Raisins	Nila Wafers ½ Banana



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Week of:

Hudson: Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	French Toast Sticks Banana Milk	Sausage Links English Muffin Milk	Cereal Oranges Milk	Waffles Banana Milk	Blueberry Muffins Milk	
AM Snack	Vanilla Wafers Yogurt	Pita Bread Hummus	Pretzels and Raisins	Cheese Cubes Wheat Crackers	Animal crackers Pears	Pretzel Rods Milk
Lunch	Fettucine Alfredo Garlic Bread Broccoli Fresh Fruit Milk	Cheeseburger Soup Green Beans Mango Milk	Mini Corn Dogs Peas Pears Milk	Chicken Wraps Mixed Veggies Peaches Milk	Meatball Sub Green Beans Apple Slices Milk	Chef's choice Protein Grain Vegetable Fruit Milk
PM Snack	Tortilla Chips Salsa	Fresh Veggies Ranch	Apple Slices Peanut Butter or Yogurt	Granola Bars Milk	Fresh Fruit Yogurt	Cheese sticks Apple slices
Evening Snack	Goldfish Milk	Veggie Straws Milk	Animal Crackers Milk	Pretzels and Raisins	Cheese and Crackers	Granola bar Fresh fruit



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Week of:

Medina: Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Cheerios Fresh Fruit Milk	Yogurt and Banana Milk	Pancakes w/syrup Fresh Fruit Milk	Raisin Bread Fresh Fruit Milk	Kix Cereal Fresh Fruit Milk	
AM Snack	Goldfish 100% Fruit Juice	Granola Bars Milk	Cheese Crackers Fresh Fruit	Cereal Bars Milk	Ritz Crackers Apples	
Lunch	Texas Toast Pizza Corn Pineapple Milk	Ham and Cheese Croissants Peas Peaches Milk	Spaghetti and Meat Sauce Green Beans Fresh Fruit Milk	Pierogies Mixed Veggies Applesauce Milk	Macaroni and Cheese California Blend Fresh Fruit Milk	
PM Snack	Wheat Crackers Cheese Slices	Mini Cheese Cracker Sandwiches Milk	Graham Crackers Strawberry Cream Cheese	Blueberry Muffins Milk	Cheese Popcorn Milk	
Evening Snack	Animal Crackers 100% Fruit Juice	Cheese Popcorn Milk	Ritz Crackers Cheese Stick	Vanilla Wafers 100% Fruit Juice	Popcorn 100% Fruit Juice	



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Week of:

Strongsville: Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Cereal Fruit Milk	Waffle Fruit Milk	French toast Fruit Milk	Pancake Fruit Milk	Cereal Fruit Milk	
AM Snack	Granola bar Milk	Animal crackers Milk	Goldfish Raisins	Cereal bar Milk	Teddy Grahams Fruit	
Lunch	Chicken patty Sandwich Vegetable Fruit Milk	Pancake Sausage Hash browns Fruit Milk	Spaghetti & meatballs Vegetable Fruit Milk	Cheese Quesadilla Vegetable Fruit Milk	Pizza Vegetable Fruit Milk	
PM Snack	Cheese Crackers	Cereal mix Juice	Yogurt & Granola parfait	Veggie straws Raisins	Cheese sticks Apples (applesauce)	
Evening Snack	Veggie Straws Milk	Cheez-Its Milk	Peanut Butter Crackers Milk	Teddy Grahams Milk	Animal Crackers Yogurt	



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Week of:

UC: Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Mini Muffins Fruit Milk	Cereal Fruit Milk	Pancakes Fruit Milk	Cereal Bar Fruit Milk	Mini Muffins Fruit Milk	
AM Snack	SK Trail Mix Milk	Cucumbers and Dip Milk	Cheese Sticks Pretzels	Animal Crackers ½ Banana	Popcorn/ Puffs Milk	
Lunch	Egg/Sausage Scramble Oranges Broccoli Milk	Turkey and Cheese Crackers Fresh Fruit Green Beans Milk	Chicken and Rice Peas Banana Milk	French Toast Fresh Berries Cucumbers Milk	Mini Meatloaf French Fries Applesauce Milk	
PM Snack	Pretzel Rods Milk	Gogurt and Cereal Mix	Mini Muffins Milk	Mini Bagels with cream cheese Milk	SK Trail mix Milk	

Please pack a dinner if staying past 6:30pm.