



sweet kiddles®

flexible childcare center

Week of:

Avon Lake: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	½ Banana Kix Cereal Milk	Nutri-grain bar Fruit Cocktail Milk	Raspberries Plain Cheerios Milk	WW Raisin Bread Mandarin Oranges Milk	WW Mini Bagel with cream cheese Applesauce Milk
AM Snack	Ultra thin Pretzels Watermelon	Animal Crackers ½ Banana	WW Goldfish Apple slices	Hummus Pit Crackers or WW Soft Tortilla	Veggie Straws Orange slices
Lunch	Turkey & cheese with Crackers Carrots(raw or steamed) Apples Milk	WW Mac and Cheese Peas Fresh Berries Milk	WW Breaded Chicken Sandwich Corn Cantaloupe Milk	Hot dog and Baked Beans Green Beans Applesauce Milk	Texas Toast Pizza Salad with dressing/greens Pineapple Milk
PM Snack	Cheez-its Raisins/ or Fruit cocktail	WW Cheese and Crackers	Vanilla Wafers Milk	Popcorn or puffs Yogurt tube	Graham Crackers Cream cheese
Evening Snack (if here after 7pm)	Veggie Crackers Raisins	Graham Crackers Milk	Popcorn Raisins	Pretzels Cheese stick	Cottage Cheese Fruit Cocktail



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Week of: _____

Hudson: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Fresh berries Biscuits with jelly Milk	Cereal Banana Milk	Wheat toast with butter Oranges Milk	Pancakes Pears Milk	Wheat bagels with cream cheese Peaches Milk	
AM Snack	Milk Graham Crackers	Vanilla Wafers Yogurt	Cottage Cheese Fresh Fruit	Cereal bars Milk	Animal crackers Pears	Granola Bars Milk
Lunch	Turkey & cheese sandwiches Carrots Apples Milk	Chicken Nuggets Applesauce Corn Milk	Garlic Bread Pizzas Peas Pears Milk	Cheesy Chicken and Rice Broccoli Pineapple Milk	Chicken Patty Sandwich Broccoli Oranges Milk	Chef's choice Protein Grain Vegetable Fruit Milk
PM Snack	Salsa & tortilla chips	Fresh Veggies w/ Ranch Milk	Celery Raisins	Pita Bread Hummus	Trail mix	Cheese sticks Apple slices
Evening Snack	Pretzels Raisins	Veggie Straws Milk	Cheese Sticks Wheat Crackers	Vanilla Wafers Oranges	Pretzels Raisins	Granola bar Fresh fruit



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Medina: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Cheerios Fresh Fruit Milk	Banana & Yogurt Milk	Pancakes w/syrup Fresh Fruit Milk	Raisin Bread Fresh Fruit Milk	Kix Cereal Fresh Milk	
AM Snack	Granola Bar Milk	Cheese Crackers 100% Fruit Juice	Cereal Bars Milk	Vanilla Wafers 100% Fruit Juice	Ritz Crackers Fresh Fruit	
Lunch	Hot Ham & Cheese Sliders Cucumbers Fresh Fruit Milk	Cheesy Dippers Meat sauce Mixed Veggies Peaches Milk	Cheeseburger on a bun California Blend Fresh Fruit Milk	Fish Sticks Tator Tots Peas Fruit Cocktail Milk	Croissant Pizza Corn Applesauce Milk	
PM Snack	GoGurt ½ Banana	Animal Crackers Milk	Homemade Trail Mix Milk	Goldfish 100% Fruit Juice	Pretzels Fresh Fruit	
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 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal Fruit cup Milk	Muffins Fresh fruit Milk	Bagel Cream Cheese Fruit cup Milk	Cereal Fresh fruit Milk	Cereal bar Fresh cup Milk
AM Snack	Yogurt Apple Slices Water	Banana Vanilla Wafers Water	Cucumbers Milk	Popcorn or Puffs Milk	Cereal Mix Milk
Lunch	Waffles Turkey sausage Hash browns Applesauce Milk	Chicken Nuggets Mixed Vegetable Melon Milk	Mac & cheese Broccoli Grapes Milk	Cheese pizza Salad Pineapple Milk	Turkey & Cheese Sandwich Green Beans Fruit Milk
PM Snack	Graham Crackers Milk	Goldfish Grapes Water	Cream Cheese Crackers Water	Yogurt Raisins Water	Fresh Fruit Salad Crackers Water
Evening Snack 7:00 PM	Granola Bar Milk	Crackers Milk	Cereal bar Milk	Cheese crackers Milk	Graham crackers Milk



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Week of: _____

UC: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Fruit Cereal Bar Milk	Cereal Fruit Milk	Cereal Bar Fruit Milk	Mini Muffins Fruit Milk	Oatmeal Cereal Milk	
AM Snack	SK Trail Mix Milk	Fresh Fruit Milk	Veggie Straws Milk	Popcorn/Puffs Milk	Fresh Fruit Ritz Crackers	
Lunch	Turkey and Cheese Rollup Fresh Berries Cucumbers Milk	Chicken fried rice Broccoli Oranges Milk	Pizza Corn Peaches Milk	Pancakes Hash browns Pears Milk	Baked Chicken Green Beans Pineapple Milk	
PM Snack	Nila Wafers and String Cheese	String Cheese ½ Banana	Gogurt and Mini Muffins	Flavored Rice Cakes Milk	Cheese and crackers	
Please pack a dinner if staying past 6:30pm.						