



sweet kiddles[®]
flexible childcare center

Week of: _____

Avon Lake; Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Yogurt with Granola Milk	Cheerios Apple slices Milk	Nutri-grain bars Oranges Milk	Wheat Toast w/ Jelly Fruit Cocktail Milk	WW Cinnamon Bread Blueberries Milk
AM Snack	Apple slices Gogurt	Ultra thin Pretzels Raisins/fruit cocktail	Corn Muffins Milk	Cottage Cheese Canned peaches	Granola Bar Pears
Lunch	English Muffin Pizza Peas Pineapple Milk	Chicken and Rice Bake Corn Honeydew Milk	Corn Dog bites Green Beans/Peas and Carrots Strawberries Milk	French Toast Roll Sausage Mixed Veggies Oranges Milk	Turkey and Cheese roll ups Salad with dressing/greens Apples Milk
PM Snack	Crackers Strawberry Cream Cheese	Animal Crackers ½ Banana	Soft Tortilla or Chips and Salsa/Gauc.	Flavor rice Cakes Applesauce	Gogurt Popcorn or puffs
Evening Snack (if here after 7pm)	Fresh Cucumber Pita Chips	Veggie Sticks Hummus	WW Goldfish Raisins	Graham Crackers with Peanut Butter	WW Cheese-it-z Raisins



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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 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	Animal Crackers 100% Fruit Juice	
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	Ritz Crackers Cheese Slices	Mini Cheese Cracker Sandwiches Milk	Rice Cakes w/Cream Cheese and Fresh Fruit	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
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	Pasta and Meatballs Mixed Vegetable Melon Milk	Mac & cheese Broccoli Grapes Milk	Chicken Nuggets Green Peas Banana Milk	Turkey & Cheese Sandwich Green Beans Fruit Milk
PM Snack	Graham Crackers Milk	Hummus Fresh Veggies Milk	Cream Cheese Crackers Water	Goldfish 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 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 Ranch Milk	Cheese Sticks Pretzels	Animal Crackers ½ Banana	Popcorn/ Puffs Milk	
Lunch	Mac and Cheese 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.