



# sweet kiddles<sup>®</sup>

flexible childcare center

Week of:

Avon Lake: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	½ Banana Cheerios Milk	Nutri-grain bar Fruit Cocktail Milk	Raspberries Plain Cheerios Milk	Yogurt bar Oranges Milk	Berry Muffins Applesauce Milk
<b>AM Snack</b>	Ultra thin Pretzels Watermelon	Animal Crackers ½ Banana	Goldfish crackers Apple slices	Hummus Pit Crackers or Soft Tortilla	Veggie Straws Orange slices
<b>Lunch</b>	Turkey & cheese with Crackers Carrots(raw or steamed) Apples Milk	Mac and Cheese Peas Fresh Berries Milk	Breaded Chicken Sandwich Corn Cantaloupe Milk	Hot dog w/ bun Baked Beans Peas and Carrots Applesauce Milk	Texas Toast Pizza Salad with dressing/greens Pineapple Milk
<b>PM Snack</b>	Ultra Thin Pretzels Melon Water	Cheese and Crackers Water	Vanilla Wafers Milk	Popcorn or puffs Yogurt tube Water	Graham Crackers Cream cheese Water



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Week of: \_\_\_\_\_

Hudson: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>	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	
<b>AM Snack</b>	Milk Graham Crackers	Vanilla Wafers Yogurt	Cottage Cheese Fresh Fruit	Cereal bars Milk	Animal crackers Pears	Granola Bars Milk
<b>Lunch</b>	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
<b>PM Snack</b>	Salsa & tortilla chips	Fresh Veggies w/ Ranch Milk	Celery Raisins	Pita Bread Hummus	Trail mix	Cheese sticks Apple slices
<b>Evening Snack</b>	Pretzels Raisins	Veggie Straws Milk	Cheese Sticks Wheat Crackers	Vanilla Wafers Oranges	Pretzels Raisins	Granola bar Fresh fruit



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Week of: \_\_\_\_\_

Medina: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>	Cheerios Fresh Fruit Milk	Banana & Yogurt Milk	Pancakes w/syrup Fresh Fruit Milk	Raisin Bread Fresh Fruit Milk	Kix Cereal Fresh Milk	
<b>AM Snack</b>	Granola Bar Milk	Cheese Crackers 100% Fruit Juice	Cereal Bars Milk	Vanilla Wafers 100% Fruit Juice	Ritz Crackers Fresh Fruit	
<b>Lunch</b>	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	
<b>PM Snack</b>	GoGurt ½ Banana	Animal Crackers Milk	Homemade Trail Mix Milk	Goldfish 100% Fruit Juice	Pretzels Fresh Fruit	
<b>Evening Snack</b>	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 Graham Cracker Water	Cheese Fruit Water	Fresh Fruit Animal Crackers Water	Banana Vanilla Wafers Water	Cereal Mix Milk
Lunch	Waffles Turkey Sausage Hash Browns Berry Cup Milk	Chicken Nuggets Egg Noddles Corn Grapes Milk	Mac & Cheese Broccoli Pears Milk	Sloppy Joe w/ Bun Green Peas Strawberry Applesauce Milk	English Muffin Cheese Pizza Tossed Salad w/Ranch Pineapple Tidbits Milk
PM Snack	Crackers Fresh Veggies w/ranch Water	Pretzels Hummus Water	Goldfish Raisins Water	Corn Chips Salsa Water	Popcorn/Puffs 100% Fruit Juice



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Week of:

UC: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>	Fruit Cereal Bar Milk	Cereal Fruit Milk	Cereal Bar Fruit Milk	Mini Muffins Fruit Milk	Oatmeal Cereal Milk	
<b>AM Snack</b>	SK Trail Mix Milk	Fresh Fruit Milk	Veggie Straws Milk	Popcorn/Puffs Milk	Fresh Fruit Ritz Crackers	
<b>Lunch</b>	Turkey and Cheese Rollup Fresh Berries Cucumbers Milk	Chicken and Rice Broccoli Oranges Milk	Pizza Corn Peaches Milk	Waffles Hash browns Pears Milk	Baked Chicken Green Beans Pineapple Milk	
<b>PM Snack</b>	Nila Wafers and String Cheese	String Cheese ½ Banana	Gogurt and Mini Muffins	Flavored Rice Cakes Milk	Cheese and crackers	