



sweet kiddles[®]

flexible childcare center

Week of:

Avon Lake: Week 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|--|--|--|---|
| Breakfast | Cheerios Banana Milk | Nutri-Grain Bar Fruit Cup Milk | Cheerios Fruit Cup Milk | Yogurt Bar Fruit Milk | Berry Muffins Applesauce Milk |
| AM Snack | Rice Cakes Fresh Fruit | Vanilla Wafers Bananas | Muffins Milk | Goldfish Fresh Fruit | Veggie Straws Fresh Fruit |
| Lunch | Grilled Cheese Tomatoes Applesauce Milk | Pepperoni or Cheese Calzone Green Beans Peaches Milk | Chicken and Rice Mixed Veggies Fresh Fruit Milk | Beef Soft Taco Corn Fruit Cocktail Milk | Turkey & Cheese Wraps Broccoli Pineapple Milk |
| PM Snack | Popcorn/Puffs Yogurt | Crackers Cheese Stick | Graham Crackers Raisins | Granola Bar Milk | Cheez-Its Carrots or Cucumbers |



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Week of: _____

Hudson: Week 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|--|---|---|---|--|---|
| Breakfast | Pancakes Strawberries Milk | Cereal Banana Milk | Wheat toast with butter Oranges Milk | Pancakes Pears Milk | Waffles Applesauce Milk | |
| AM Snack | Graham Crackers Bananas | Vanilla Wafers Strawberries | Mini Blueberry Muffins Apples | Cereal bars Bananas | Animal crackers Pears | Granola Bars Milk |
| Lunch | Chicken & Rice Lo Mein Carrots Apples Milk | Grilled Cheese Sandwiches Peas Pears Milk | Chicken Nuggets Applesauce Corn Milk | Spaghetti Mixed Vegetables 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 | Yogurt Sundae with Granola | Granola Bars Pears | 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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Week of: _____

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 cup Milk | Bagel Cream Cheese Fruit cup Milk | Cereal Fresh cup Milk | Cereal bar Fruit cup Milk |
| AM Snack | Yogurt Graham Cracker Water | Cheese Fruit Water | Nutri-grain Bar Milk | Cereal Mix Milk | Banana Vanilla Wafers Water |
| Lunch | Waffles Turkey Sausage Hash Browns Berry Cup Milk | Chicken Nuggets Egg Noodles 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 | Veggie Straws Salsa Water | Popcorn/Puffs 100% Fruit Juice |



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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 | Pretzels/Raisins Milk | Veggies and Hummus | |
| Lunch | Turkey and Cheese Rollup Fresh Berries Cucumbers Milk | Chef's choice Protein Grain Veggie Fruit Milk | Pizza Corn Peaches Milk | Waffles Turkey Sausage Hash browns Pears Milk | Cheese Ravioli Green Beans Pineapple Milk | |
| PM Snack | Nila Wafers and String Cheese | Raisin Bread & Butter | Gogurt and Mini Muffins | Flavored Rice Cakes Milk | Cheese and crackers | |