



ZNAYKA DAYCARE CENTER

Water is provided throughout the day

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
AM Snack	1% Milk Hot Oatmeal Cereal	1% Milk American Cheese Sandwich (Whole Wheat Bread)	1% Milk Cold Cheerios Cereal	1% Milk Whole Wheat Bagel w/low fat cream cheese	1% Milk Hot Farina Cereal
Lunch	1% Milk Steamed Rice Chicken Breast String Beans Sliced Apples	1% Milk Buckwheat Beef Meat Balls Sliced Tomatoes Bananas	1% Milk Elbow Pasta Baked Chicken Thighs Canned Yellow Corn Shredded Carrots	1% Milk Tilapia Fish Sandwich (Whole Wheat Bread) Lettuce Salad Cucumber slices	1% Milk Yellow Rice Turkey Meat Loaf Canned Peas Sliced Apples
Supper	1% Milk Whole wheat roll Turkey burger – 1½ oz meat Tomato slices Sliced Pears	1% Milk Rice with Baked Tilapia Fish Filet Sliced Cucumbers Canned Corn	1% Milk Roast turkey sandwich – 1½ oz meat (Whole Wheat Bread) Steamed Broccoli – ¼ cup Sliced Apples	1% Milk Tuna salad (water-packed tuna – 1½ oz meat) on Whole Wheat Roll Tomato Slices Bananas	1% Milk Buckwheat Baked chicken thighs Lettuce salad Half Grapes