



A Child's World Learning Center- Week A Menu

Week of: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Grain or cereal Fruit Fluid Milk	Brown sugar cinnamon Whole grain pop-tart Cooked spiced apples Milk*	Waffles w/ syrup Grapes Milk*	Cheese grits Kiwi Milk*	Rice Crispies Banana Milk*	Toasted bagel with cream cheese Cantaloupe Milk*
Lunch Meat or alternate Grain or bread Vegetable Fruit Fluid Milk	Turkey/Cheese Wrap: Sliced turkey Whole wheat wrap Cheese slice Vegetable soup Pineapple tidbits Milk*	Cheese pizza Roasted zucchini Cantaloupe Milk*	Chicken Casserole: Diced white chicken Rice Cream of chicken soup Broccoli Grapes Milk*	Chicken patty Wheat bun Cheese slice Baked yellow squash Kiwi Milk*	Spaghetti: Meat sauce Whole grain pasta Cheese slice Roasted vegetables Fresh fruit salad Milk*
PM Snack (CHOOSE 2) Grain, bread, or cereal Fruit or 100% Juice Meat or alternate Fluid Milk	Chocolate chip cookies Milk	Vanilla wafers Banana Water	Baby carrots w/ ranch Cheese cubes Water	Graham crackers Sherbet cup Water	Cheez-it crackers 100% cherry juice (no artificial colors)
Notes/Substitutions:					

*Milk- includes cow's milk, lactose-free milk, soy milk, and almond milk as appropriate per dietary restrictions