

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
milk	Milk 1 C	Milk 1 C	Milk 1 C	Milk 1 C	Milk 1 C	Milk 1 C	Milk 1 C
fruit	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C
cereal	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c
bread	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle
protein	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage
special						<b>cook sweet treat</b>	
daycare	<b>cottage cheese peaches</b>	<b>boiled egg milk</b>	<b>whole wheat toast peanut butter</b>	<b>bran muffin milk</b>	<b>fruit cup milk</b>	<b>teddy grahams yogurt</b>	<b>cheerios milk</b>
soup	pork chop 3oz	hearty meatball 3/4 c	roast beef 3oz	country fried steak 3oz	salmon 3oz	beef goulash 1c	swiss steak 3oz
entrée	loaded mash potato 1/2c	cottage cheese 1/2 c	mashed pot 1/2c, 2T gvy	mashed pot 1/2c, 2T gvy	rice pilaf 1/2c	corn 1/2c	mashed potato 1/2c
starch	mixed veg 1/2c		corn 1/2c	prince ed veg 1/2c	ca blend veg 1/2c		glazed carrots 1/2c
vegetable		peaches 1/2c		pears 1/2c			
fruit	wheat/white bread - 1	breadstick - 1	whole wheat roll 1	whole wheat roll 1	dinner roll 1	garlic bread - 1oz	wheat bread - 1
bread	cheesecake 2x2"		peach cobbler 2x2		cream pie 1 slice	choc éclair 2x2"	apple pie 1 slice
dessert	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice coffee	milk, juice, coffee	milk, juice, coffee
beverage							
daycare	<b>peanut butter apple slices</b>	<b>cheese stick whole grain crackers</b>	<b>applesauce whole grain crackers</b>	<b>yogurt fruit cup</b>	<b>cheerios milk</b>	<b>whole grain goldfish slice cheese</b>	<b>applesauce milk</b>
soup	ham hashbrown HD 1c	chicken lasagna 3x3"	sausage links 3oz	ham chowder 3/4c	swedish meatball 3oz	vegetable chowder 3/4c	pizza 1-2 slices
entrée			belgian waffle	3oz chicken salad	egg noodles 1/2 c	deli turkey 3oz	
starch	peas 1/2c	broccoli 1/2c	hashbrowns 1/2c		squash 1/2c		tossed salad 1c
vegetable	mango 1/2c		berries w/ whip 1/2c		grapes 1/2c	fruit cocktail 1/2c	mixed fruit 1/2c
fruit		garlic toast 1		croissant 2oz	whole wheat roll 1	wheat bread - 2	
bread	whole wheat roll 1	cupcake 1		turtle brownie 2x2"			
dessert	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee
beverage							
<p><b>Meal times: Breakfast is served from 7am-9am; Lunch/Dinner is served at 11:30am; Supper is served at 5:30pm.</b>  <b>Water is provided with all meals. Alternatives are available if a resident does not like what is being served.</b>  <b>Snacks are served at 10am, 3pm, &amp; 7pm and include items such as fresh fruit, crackers, cheese, pudding, jello, cookies, and ice cream.</b>  <b>Daycare will always receive a fruit at a meal instead of dessert</b></p>							