



# Over the Rainbow

# Week 1

DATE:					
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Fruit-Vegetable	Fresh Apples	Bananas	Orange Slices	Strawberries	Bananas
Grain-Bread	Cinnamon Toast Cereal	French Toast	Chex	Waffles	Toasty O's
Age Appropriate Sub.					
LUNCH	Mac 'N Cheese w/ diced Ham	Chicken Nuggets	Turkey, Gravy & Mashed Potato's	Chicken Quesadilla	Cheese Pizza
Meat-Meat Alternate	Diced Ham	Chicken Nuggets	Turkey & Gravy	Diced Chicken	
				Shredded Cheese	Cheese
Grain-Bread	Mac 'N Cheese			Flour Tortilla	Pizza crust
Fruit-Vegetable [1]	Peas	Carrots	Mashed Potato's & Corn	Vegetarian Beans	Salad
Fruit-Vegetable [2]	Peaches	Strawberries	Bananas	Pineapple	Melon
Milk	Milk	Milk	Milk	Milk	Milk
Age Appropriate Sub.					
PM SNACK					
Milk	Milk	Ranch Dressing	Milk	Milk	Sliced Cheese
Meat-Meat Alternate	Soy Nut Butter		Strawberry Yogurt		
Fruit-Vegetable					
		Fresh Vegetables			
Grain-Bread	Crackers			Banana Bread	Crackers
Age Appropriate Sub.		Steamed Vegetables			

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. Children (age 12-24 month) are served whole milk. After 24 months, all children are served 1% milk.