

# B-Smart Daycare & OSC

Date: \_\_\_\_\_

## MENU

**Week1**

|                                  | <b>MONDAY</b>   | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>  | <b>FRIDAY</b>   |
|----------------------------------|---|--|---|--|---|
| <b>AM<br/>SNACK</b>              | Cereal & Milk<br><b>Banana Slices</b><br>Milk                                       | Oat Mini Muffin<br><b>Orange Slices</b><br>Milk  | Whole Wheat Grain Toast<br>with Butter and Jam<br><b>Apple Slices</b><br>Milk         | Cereal & Milk<br><b>Banana Slices</b><br>Milk                                      | Cinnamon Raisin<br>Bread<br><b>Apple Slices</b><br>Milk               |
| <b>L<br/>U<br/>N<br/>C<br/>H</b> | Rice & Chicken<br>with Homemade<br>Creamy Sauce<br><b>Fresh Vegetables</b><br>Water | Elbow Macaroni &<br>Ground Beef with<br>Marinara Sauce<br><b>Fresh Vegetables</b><br>Water | Chicken Breast Strips<br>& Mashed Potatoes<br><b>Fresh Vegetables</b><br>Water        | Lentil and Rice &<br>Yogurt<br><b>Fresh Vegetables</b><br>Water                    | Chicken Noodle<br>Soup & Crackers<br><b>Fresh Vegetables</b><br>Water |
| <b>PM<br/>SNACK</b>              | Whole Wheat Pita<br>& Soft Cheese<br><b>Seasonal Fresh<br/>Fruit</b><br>Water       | Oatmeal or Vanilla<br>Cookies<br><b>Seasonal Fresh<br/>Fruit</b><br>Water                  | Whole Grain Crackers &<br>Salsa or Sour Cream<br><b>Seasonal Fresh Fruit</b><br>Water | Cinnamon Apple<br>Sauce & Maria<br>Cookies<br><b>Seasonal Fresh Fruit</b><br>Water | Ice Cream<br>Water  |

# B-Smart Daycare & OSC

Date: \_\_\_\_\_

## MENU

Week 2

|                                  | <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>   |
|----------------------------------|--|--|---|---|---|
| <b>AM<br/>SNACK</b>              | Cereal & Milk<br><b>Banana Slices</b><br>Milk                                      | Oat Mini Muffin<br><b>Orange Slices</b><br>Milk  | Whole Wheat Grain Toast<br>with Butter and Jam<br><b>Apple Slices</b><br>Milk         | Cereal & Milk<br><b>Banana Slices</b><br>Milk                                       | Cinnamon Raisin<br>Bread<br><b>Apple Slices</b><br>Milk               |
| <b>L<br/>U<br/>N<br/>C<br/>H</b> | Peas and Carrots<br>with Ground Beef<br>& Rice<br><b>Fresh Vegetables</b><br>Water | Elbow Macaroni &<br>Ground Beef with<br>Marinara Sauce<br><b>Fresh Vegetables</b><br>Water | Tuna Sandwich<br><b>Fresh Vegetables</b><br>Water                                     | Elbow Macaroni &<br>Chicken with White<br>Sauce<br><b>Fresh Vegetables</b><br>Water | Chicken Noodle<br>Soup & Crackers<br><b>Fresh Vegetables</b><br>Water |
| <b>PM<br/>SNACK</b>              | Whole Wheat Pita<br>& Soft Cheese<br><b>Seasonal Fresh<br/>Fruit</b><br>Water      | Oatmeal Cookies<br><b>Seasonal Fresh<br/>Fruit</b><br>Water                                | Whole Grain Crackers &<br>Salsa or Sour Cream<br><b>Seasonal Fresh Fruit</b><br>Water | Cinnamon Apple<br>Sauce & Maria<br>Cookies<br><b>Seasonal Fresh Fruit</b><br>Water  | Ice Cream<br>Water  |

# B-Smart Daycare & OSC

Date: \_\_\_\_\_

## MENU

Week 3

|                                  | <b>MONDAY</b>   | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>  | <b>FRIDAY</b>   |
|----------------------------------|---|--|---|--|---|
| <b>AM<br/>SNACK</b>              | Cereal & Milk<br><b>Banana Slices</b><br>Milk                                       | Oat Mini Muffin<br><b>Orange Slices</b><br>Milk  | Whole Wheat Grain Toast<br>with Butter and Jam<br><b>Apple Slices</b><br>Milk         | Cereal & Milk<br><b>Banana Slices</b><br>Milk                                      | Cinnamon Raisin<br>Bread<br><b>Apple Slices</b><br>Milk               |
| <b>L<br/>U<br/>N<br/>C<br/>H</b> | Rice & Chicken<br>with Homemade<br>Creamy Sauce<br><b>Fresh Vegetables</b><br>Water | Elbow Macaroni &<br>Ground Beef with<br>Marinara Sauce<br><b>Fresh Vegetables</b><br>Water | Chicken Breast Strips<br>& Mashed Potatoes<br><b>Fresh Vegetables</b><br>Water        | Lentil and Rice &<br>Yogurt<br><b>Fresh Vegetables</b><br>Water                    | Chicken Noodle<br>Soup & Crackers<br><b>Fresh Vegetables</b><br>Water |
| <b>PM<br/>SNACK</b>              | Whole Wheat Pita<br>& Soft Cheese<br><b>Seasonal Fresh<br/>Fruit</b><br>Water       | Oatmeal Cookies<br><b>Seasonal Fresh<br/>Fruit</b><br>Water                                | Whole Grain Crackers &<br>Salsa or Sour Cream<br><b>Seasonal Fresh Fruit</b><br>Water | Cinnamon Apple<br>Sauce & Maria<br>Cookies<br><b>Seasonal Fresh Fruit</b><br>Water | Ice Cream<br>Water  |

# B-Smart Daycare & OSC

Date: \_\_\_\_\_

## MENU

Week 4

|                                  | <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>   |
|----------------------------------|--|--|---|---|---|
| <b>AM<br/>SNACK</b>              | Cereal & Milk<br><b>Banana Slices</b><br>Milk                                      | Oat Mini Muffin<br><b>Orange Slices</b><br>Milk  | Whole Wheat Grain Toast<br>with Butter and Jam<br><b>Apple Slices</b><br>Milk         | Cereal & Milk<br><b>Banana Slices</b><br>Milk                                       | Cinnamon Raisin<br>Bread<br><b>Apple Slices</b><br>Milk               |
| <b>L<br/>U<br/>N<br/>C<br/>H</b> | Peas and Carrots<br>with Ground Beef<br>& Rice<br><b>Fresh Vegetables</b><br>Water | Elbow Macaroni &<br>Ground Beef with<br>Marinara Sauce<br><b>Fresh Vegetables</b><br>Water | Tuna Sandwich<br><b>Fresh Vegetables</b><br>Water                                     | Elbow Macaroni &<br>Chicken with White<br>Sauce<br><b>Fresh Vegetables</b><br>Water | Chicken Noodle<br>Soup & Crackers<br><b>Fresh Vegetables</b><br>Water |
| <b>PM<br/>SNACK</b>              | Whole Wheat Pita<br>& Soft Cheese<br><b>Seasonal Fresh<br/>Fruit</b><br>Water      | Oatmeal Cookies<br><b>Seasonal Fresh<br/>Fruit</b><br>Water                                | Whole Grain Crackers &<br>Salsa or Sour Cream<br><b>Seasonal Fresh Fruit</b><br>Water | Cinnamon Apple<br>Sauce & Maria<br>Cookies<br><b>Seasonal Fresh Fruit</b><br>Water  | Ice Cream<br>Water  |