

Loving Arms Child Care Center

MENU IS SUBJECT TO CHANGE *USDA is an Equal Opportunity Program and Employer.

Menu for the Week of July 9-14

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges (A&C)	Scrambled Eggs (I) Biscuit Orange Juice (C)	French Toast Sticks Peaches (A)	Breakfast Sausage Dogs Pears	Muffin Banana (C)
Lunch	Pizza with Meat and Cheese Fresh Vegetables Pineapple (C)	Shake and Bake Chicken(I) Wild Rice Peas (A&C) Peaches (A)	*Tuna Sandwich(I) Celery/Cucumbers Banana (C)	Chicken Noodle Soup (I) Oyster Crackers Mixed Fruit (A&C) Mixed Vegetables (A&C)	Corn Dog (I) Tator Tots Carrots Apples
Snack	Goldfish Crackers Fruit	Low Fat Cottage Cheese Fruit	Animal Crackers Milk	Soft Pretzel with Cheese Sauce	Crackers with Sun Butter

*sack lunch for Summer Program

Menu for the Week of July 16-17

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges (A&C)	Breakfast Pizza (I) Applesauce	Sheet Pan Blueberry Banana Pancakes Peaches (A)	Sausage Links (I) Hashbrown Pears	Blueberry Loaf Banana (C)
Lunch	*Turkey and Cheese Sandwich Tomatoes and Cucumbers Melon	BBQ Chicken Mashed Potatoes Peas (A&C) Bun Fruit	Beef and Cheese Taco Spanish Rice Corn Pineapple (C)	Tator Tot Casserole (I) Green Beans Dinner Roll Mixed Fruit (A&C)	Chicken Nuggets (I) Carrots French Fries Apple Slices
Snack	Chips and Queso	Sunbutter and Jelly Sandwich	Fruit Smoothies Animal Crackers	Cereal with Milk	Rice Cakes Grapes

Notes: A - Vitamin A minimum 2X week; C - Vitamin C daily; I - Iron daily; Y - food modification for Infant Room
Milk is served at all meals. Whole Milk for Green Room. 1% Milk for Blue, Purple, Teal and Summer Program.

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Menu for the Week of July 23-27

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges (A&C)	Breakfast Burritos (I) Applesauce	Waffles Peaches (A)	Biscuits and Gravy Pears	Cinnamon English Muffin Banana (C)
Lunch	Chicken Pattie on a Bun (I) Mozzarella Cheese Stick Peas (A&C) Melon	Beef a Roni (I) Romaine & Spinach Salad (A&C) Bread Fruit Y/G-Peas (A&C)	Chicken Stir Fry with Vegetables (I) Rice Banana (C)	Breakfast for Lunch! Scrambled Eggs (I) with Diced Ham(I) Pancake Tator Tots Mixed Fruit (A&C)	Chicken and Cheese Quesadilla (I) Sweet Potato Fries Celery and Carrots Fruit Y/G-Cooked Carrots
Snack	Trail Mix Carrots Y/G-Cooked Carrots (A)	Rice Crispy Treat Fruit	Frozen Yogurt Animal Crackers	Cracker Fruit (C)	Apple Slices Cheese Crackers

Menu for the Week of July 30-August 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges (A&C)	Scrambled Eggs (I) Biscuit Orange Juice (C)	Super Donut Peaches (A)	Sausage Muffin Pears	Make Your Own Face Pancake Banana (C)
Lunch	Tuna Noodle Casserole (I) Cooked Carrots (A&C) Dinner Roll Fruit	Cheeseburger on a Bun (I) Baked French Fries Baked Beans Fruit	Taco Spaghetti with Meat (I) Romaine and Spinach Salad (A&C) Fruit Y/G-Peas (A&C)	Baked Chicken (I) Wild Rice Peas (A&C) Mixed Fruit (A&C)	<u>Cooking Day</u> Make Your Own Pizza with Meat and Cheese (I) Fresh Vegetables(A&C) Grapes
Snack	Saltines Cheese Slices	Cereal Bar Milk	Low-fat Cottage Cheese Club Crackers	V-Blend Juice (A&C) Vanilla Wafer	Make Your Own Fruit Yogurt Parfait

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Menu for the Week of August 6-10

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges (A&C)	Breakfast Pizza (I) Applesauce	French Toast Sticks Peaches (A)	Ham and Cheese Croissant Pears	Oatmeal with Raisins Banana (C)
Lunch	Pasta Salad with Vegetables (A&C) Diced Ham (I) Mozzarella Cheese Stick (I) Roll Fruit	Fruit Plate (A&C) Turkey and Cheese Roll (I) Fresh Broccoli (A&C) Bread	Chicken Alfredo (I) Romaine & Spinach Salad (A&C) Fruit Y/G-Peas (A&C)	Chicken Strip and Cheese Wrap (I) Mixed Vegetables (A&C) Mixed Fruit (A&C)	Hot Dog on a Bun (I) Tator Tots Fresh Vegetables (A&C) Grapes
Snack	Muffin Fruit	Cereal with Milk	Soft Pretzel with Cheese	Fruit Yogurt Parfait Vanilla Wafers	V-Blend Juice (A&C) Vegetable Crackers

Menu for the Week of August 13-17

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges (A&C)	Homemade Breakfast Burritos Unsweetened Applesauce	Waffle Stix Peaches (A)	Breakfast Sausage Dogs (I) Pears	Muffin Banana (C)
Lunch	Sloppy Joe on a Bun (I) French Fries Corn Pears	Cheesy Beef and Rice(I) Green Beans Oranges (C)	Scrambled Egg Bake with Ham (I) Tator Tots Bun Orange Juice (C) Y-Banana (C)	Fish Sandwich on a Bun (I) Mozzarella Cheese Stick (I) Carrots (A) Mixed Fruit (A&C)	Construct Your Own Salad Chicken and Cheese (I) Romaine and Spinach Salad (A&C) Breadstick Melon Y/G-Peas (A&C)
Snack	Saltine Crackers Cheese Slice	Cinnamon Breadstick with Milk	Fresh Hummus Tortilla Chips	Bagel with Cream Cheese Fresh Fruit (C)	Apples with Sun butter Ritz Crackers

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Menu for the Week of August 20-24

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges (A&C)	Homemade Breakfast Pizza Unsweetened Applesauce	Pancakes Peaches (A)	Sausage Croissant Pears	Oatmeal with Raisins Banana (C)
Lunch	Potatoes AuGratin Ham (I) Cooked Broccoli (A&C) Bun Fruit	Chicken Noodle Casserole (I) Peas (A&C) Oranges (C)	Meatloaf (I) Mashed Potatoes Bread Green Beans Pineapple (C) Y-Banana (C)	Spaghetti with Meat Sauce (I) Corn Breadstick Mixed Fruit (A&C) Y-Peas (A&C)	Hot Ham and Cheese Sandwich (I) Grapes Fresh Carrots (A) Y&G-Cooked Carrots (A)
Snack	Low-fat Cottage Cheese Fruit	Cheese Crackers Apples	Muffin Fruit	Fresh Vegetables with Ranch Wheat Crackers Y/G-Cooked Vegetables	Wheat Cracker Mozzarella Cheese Stick

Menu for the Week of August 27-31

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges (A&C)	Homemade Breakfast Burritos Unsweetened Applesauce	Waffle Stix Peaches (A)	Sausage Muffin Pears	Super Donut Banana (C)
Lunch	Refried Bean & Cheese Burrito (I) Corn Fruit	Meatballs with Gravy (I) Mashed Potatoes Bread Green Beans Banana (C)	Toasted Ham and Cheese Sandwich (I) Vegetable Soup (A&C) Fruit	Macaroni & Cheese with Diced Ham (I) Peas (A&C) Mixed Fruit (A&C)	Chicken Nuggets (I) Fresh Vegetables (A&C) Apple Slices Y/G-Steamed Vegetables
Snack	V-Blend Juice (A&C) Ritz Crackers	Low-fat Cottage Cheese Fruit	Banana Sunbutter Roll Up (C)	Pretzels Fresh Vegetables (A&C) and Ranch	Seedless Grapes Rice Cakes

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