

Children's Learning Center FALL / Spring 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Menu	Cereal/Toast Juice	Poptarts Yogurt Milk	Biscuits with Jelly Fruit Juice	French Toast Sticks Fruit Milk	Muffins Fruit Juice
	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Graham Crackers/Milk	Captain Crunch /Milk	"Theme Snack"	Cheez-its/Milk	Cinnamon Toast/Milk
1st Week Lunch	Spaghetti w/meat sauce Green Beans Bread & Butter	Corn Dogs Tater Tots Ranch Style Beans	Chicken Nuggets Cheesy Mashed Potatoes Corn	Pizza Quesadilla Salad Green Beans	Bring Sack Lunch/drink
PM Snack	Pinneapple/Juice	Vanilla Wafers/Juice	Ritz/Juice	Snack Cakes/Juice	Cheese Balls/Juice
AM Snack	Wholegrain Goldfish/Milk	Lucky Charms /Milk	"Theme Snack"	Crackers/Milk	Applesauce/Milk
2nd Week Lunch	Campfire Stew Oyster Crackers Fruit	Chicken Strips Chessey Potatoes Peaches	Ham and Chesse Sandwiches Chicken Noodle Soup Fruit	Lasagna Green Beans Pineapple Rings	Bring Sack Lunch/drink
PM Snack	Mandarin Oranges/Juice	Cookies/Juice	Cracker Mix/Juice	Snack Cakes/Juice	Bugels/Juice
	Graham Crackers Milk	Fruit Loops/Milk	"Theme Snack"	Wholegrain Goldfish/Milk	Animal crackers/milk
3rd Week Lunch	Chicken Quesadilla Spanish Rice Pinto Beans	Chicken Alfredo Peas Salad	Sloppy Joes Chips Fruit	Macaroni & Cheese/Ham Peas & Carrots Pinceapple Chunks	Bring Sack Lunch/drink
PM Snack	Fruit/Juice	Cookies/Juice	Cheese Crackers/Juice	Snack Cake/Juice	Veggie Chips/Juice
AM Snack	Cereal Mix/Milk	Captain Crunch /Milk	"Theme Snack"	Applesauce/Milk	Cereal Mix and Milk
4th Week Lunch	Soft Tacos Spanish Rice Corn	Grilled Cheese Sandwiches Tomato soup Fruit	Goulash Green Beans Tortilla	Pizza Quesadilla Salad Green Beans	Sack Lunch/drink
PM Snack	Peaches/Juice	Cookies/Juice (shoppers choice)	Cracker Mix/Juice	Snack Cakes/juice	Cheese Balls/Juice
AM Snack	CHEFS CHOICE	CHEFS CHOICE	CHEFS CHOICE	CHEFS CHOICE	CHEFS CHOICE
5th Week Lunch (if needed)	CHEF'S CHOICE	CHEF'S CHOICE	CHEF'S CHOICE	CHEF'S CHOICE	Sack Lunch/drink
PM Snack	CHEFS CHOICE	CHEFS CHOICE	CHEFS CHOICE	CHEFS CHOICE	CHEFS CHOICE

If your child needs a special diet, does not like what will be served, or needs to eat something different from the scheduled menu, please provide food accordingly. Please send written instructions as to your child's special diet needs.

Breakfast Policies--

Breakfast is served daily from 7:00 to 7:30 AM, and is available for **NO additional fee**. Children who bring breakfast from home will be offered our meal as well. Children who arrive after breakfast time is over may save their parent-provided breakfast for morning snack time (approximately 9AM) or their parent may supervise them until



Food from Home--

All parent provided meals & snacks should be nutritious and healthful, in order to meet the daily needs of growing children. Please **avoid** the following items: carbonated and/or caffeinated beverages (sodas, energy drinks, etc), food that must be refrigerated or heated, candy, and "fast" food (takeout from McDonald's, etc.), and peanut products for those in classes with children under three or nut

***Foods marked with an asterisk may be modified for those under three. **Please note that we are NOT a peanut-free facility, and allergens may be present in any classroom.**

All lunches served with milk.

***** As scheduled—all meals subject to change due to circumstances beyond our control*****