



EAGER BEAVERS
Childcare

MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole grain oatmeal with cinnamon and apples	Scrambled eggs with whole grain toast and orange slices	Greek yogurt with granola and sliced peaches.	Whole grain pancakes with a side of mixed berries and a drizzle of maple syrup	Whole grain cereal with milk and sliced bananas.
Lunch	Grilled chicken, quinoa salad with mixed vegetables, and a side of steamed broccoli.	Turkey and cheese wrap with a side of cucumber slices and cherry tomatoes.	Baked salmon, brown rice, and green beans.	Beef and vegetable stir-fry with whole grain noodles.	Vegetable lasagna with a side of garlic bread and a mixed green salad.
Afternoon Snack	Carrot sticks with hummus and crackers	Cheese cubes with whole grain pretzels.	Mixed fruit salad.	Yogurt and granola parfait.	moothie made with strawberry, banana, and almond milk.
Week 2					
Breakfast	whole Grain Waffles with fresh berries and yogurt	Fruit Smoothie with mango, pineapple and almond milk	Whole grain Bagel with cream cheese and banana	Whole grain cereal with milk and sliced cantaloupe	Jam Toast w/ apple slices
Lunch	Filipino Chicken Soup w/ cucumbers	Ham sandwich with lettuce and side of pickles	Grilled cheese with tomato soup	Mexican Quesadillas w/ bioled corns	Couscous Salad with Pita Bread and carrots on the side
Afternoon Snack	Blueberry Muffins	Mixed vegetable sticks with ranch dip	Granola Bar and apple slices	Corn Chips & Salsa	Mixed berries with yogurt smoothie
Week 3					
Breakfast	Pancakes with strawberries and maple syrup	Egg and cheese muffins with slice of oranges	Fruit Explosion Muffins w/ berries	Straberry Milk shake	Egg Bites w/ Apple juice
Lunch	Hash browns and Tuna sandwiches with lettuce	Spanish Rice with steamed brocilli and carrots	Butter Chicken with pickles	Fish, rice and carrot	Lentil Soup with mini naan
Afternoon Snack	Applesauce with rice crackers	Banana Bread	Wrap with Strawberry Cream cheese	Trail Mix and Apples	Zucchini Loaf
Week 4					
Breakfast	Rice crispies with milk and sliced bananas.	Bagels with cream cheese with apples	Apples, Blueberries, Stawberry Smoothie with coconut milk	French Toast with Bananas	Oat Crumble with mixed berries
Lunch	Chili and tortilla chips	Corn Soup and Garlic Bread	Chicken Pasta	Sphagetti with meat balls	Beef Brisket Bao with buns
Afternoon Snack	Chocolate Muffins	Fruit Smoothie with mango, pineapple and almond milk	Trail Mix w/ raisins, cranberries, pretzel	Fruit Salad w/ cheese	Carrot Loaf