

St. Albert Daycare Menu – Week One

Date: _____

*All breads are whole wheat

	Meatless Monday	Tuesday	Wednesday	Thursday	Fish Friday
Morning Snack (Cereals could be: Shreddies, Rice Crispies, Cherios, Corn Bran or Corn flakes)	Cereal Fresh Fruit Milk Water	Home Made Fruit smoothies (strawberries, mango, Greek yogurt) Graham Crackers Milk Water	Cereal Fresh Fruit Milk Water	Bagels Cream Cheese Milk Water	Boiled Eggs Oranges Milk Water
Lunch	Home Made Yellow Split Pea Soup Buns Fresh Veggies Milk Water	Home Made Beef Stew Bread sticks Milk Water	Make Your Own Turkey Breast Sandwich Lettuce Tomatoes Cucumber, Peppers Milk Water	Baked Chicken Drumsticks Baked Sweet Potato Fries Mixed Vegetables Milk Water	Dill Roasted White Fish Brown Rice Steamed Broccoli Milk Water
Afternoon Snack	Cheddar Cheese Grapes W/W Crackers Water	Honeydew Melon Melba toast Cream cheese Water	Yogurt And Granola Water	Peaches Banana Cookies Water	Fresh Vegetables Home Made Dilly Greek Yogurt Dip Water

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	Meatless Monday	Tuesday	Wednesday	Thursday	Fish Friday
<p style="text-align: center;">Morning Snack</p> <p>(Cereals could be: Shreddies, Rice Crispies, Cheriots, or Corn flakes)</p>	<p style="text-align: center;">Cereal Fresh Fruit</p> <p style="text-align: center;">Milk Water</p>	<p style="text-align: center;">Raisin Toast Applesauce</p> <p style="text-align: center;">Milk Water</p>	<p style="text-align: center;">Cereal Fresh Fruit</p> <p style="text-align: center;">Milk Water</p>	<p style="text-align: center;">Home Made Blueberry Muffins</p> <p style="text-align: center;">Milk Water</p>	<p style="text-align: center;">Home Made Oatmeal With Raisins And Cinnamon</p> <p style="text-align: center;">Milk Water</p>
<p style="text-align: center;">Lunch</p>	<p style="text-align: center;">Whole Wheat Spaghetti Home Made Tomato Sauce With Vegetables Milk Water</p>	<p style="text-align: center;">Home Made Chili Con Carne Cheddar Cheese Bun Milk Water</p>	<p style="text-align: center;">Veggie Wraps Lettuce, Carrot, Cucumber, cheese Home Made Quinoa Salad Milk Water</p>	<p style="text-align: center;">Roasted Chicken Home Made Mashed Potatoes Green Beans Milk Water</p>	<p style="text-align: center;">Baked Salmon Fillets Brown Rice Mixed Vegetables Milk Water</p>
<p style="text-align: center;">Afternoon Snack</p>	<p style="text-align: center;">Fruit Tray Graham Crackers Water</p>	<p style="text-align: center;">Veggie Tray Hummus Whole Wheat Crackers Water</p>	<p style="text-align: center;">Yogurt Berries Water</p>	<p style="text-align: center;">Wow Butter Roll-ups Water</p>	<p style="text-align: center;">Melba Toast Cream Cheese Apples Water</p>

St. Albert Daycare Menu – Week Three

Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Fresh Fruit Milk Water	Toast Jam Fresh Fruit Milk Water	Cereal Fresh Fruit Milk Water	Home Made Fruit Smoothies (strawberries, mango, Greek yogurt) Graham Crackers Milk Water	Home Made Whole Wheat Pancakes Home Made Berry Sauce Milk Water
Lunch	Tomato Soup Grilled Cheddar Cheese Sandwich Milk Water	Home made Ground Turkey and Macaroni Casserole Salad Milk Water	Home Made Chicken Noodle Soup Egg Salad Sandwich Lettuce Carrot Sticks Milk Water	Home Made Chicken Stir Fry Rice Milk Water	Tuna Melt Cabbage Salad Milk Water
Afternoon Snack	Fresh Vegetables Dilly Yogurt Dip Water	Yogurt Banana Parfait (Yogurt, Granola, and Bananas) Water	Banana Bread Mellon Water	Whole Wheat Crackers Cheddar Cheese Apples Water	Pineapple Arrowroot Cookies

St. Albert Daycare Menu – Week Four

Date: _____

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	Meatless Monday	Tuesday	Wednesday	Thursday	Fish Friday
Morning Snack (Cereals could be: Shreddies, Rice Crispies, Cherios, Corn Bran or Corn flakes)	Bagel Cream Cheese Milk Water	Cinnamon Raisin Toast Fruit Milk Water	Cereal Fruit Milk Water	Fruit Salad Graham Crackers Milk Water	Breakfast Raisin Oat Bars Oranges Milk Water
Lunch	Quinoa Sloppy Joe Bun Cheese Milk Water	Shepherd's Pie Milk Water	Vegetable Soup Ham Bun Lettuce Tomatoes Milk Water	Chicken Fajita Onion, Peppers Lettuce, Tomatoes Salsa, Plain Greek Yogurt Cheese Milk Water	Homemade pizza Whole wheat crust Carrot sticks Milk Water
Afternoon Snack	Melon Arrow Root Cookies Water	Cheddar Cheese Grapes Crackers Water	Yogurt Granola Water	Home Made Blueberry Muffins Apples Water	Vegetables and Hummus Dip Water