



# Over the Rainbow

# Week 2

DATE:					
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Fruit-Vegetable	Peaches	Apple Slices	Pears	Oranges	Mixed Fruit
Grain-Bread	Toasty O's	Pancakes	Bagel w/cream cheese	Waffles	Cinnamon Toast cereal
Age Appropriate Sub.					
LUNCH	Spaghetti w/Meat Sauce	Cheese Burger	Fish Sticks	Turkey Tacos	Grilled Cheese
Meat-Meat Alternate	Turkey Meat	Burger & Cheese	Fish Sticks	Ground Turkey	Cheese
Grain-Bread	Pasta	Bun	Rice	Tortilla	Bread
Fruit-Vegetable [1]	Green Beans	Peas	Rice & Broccoli	Beans, Salsa	Tomato Soup
Fruit-Vegetable [2]	Peaches	Strawberries	Mixed Fruit	Pineapple	Oranges
Milk	Milk	Milk	Milk	Milk, Sour Cream, Shredded Cheese	Milk
Age Appropriate Sub.					
PM SNACK					
Milk	Vanilla Yogurt	Cream Cheese	Milk	Milk	Sliced Cheese
Meat-Meat Alternate					
Fruit-Vegetable	Pineapple		Apple Slices		
		Celery Sticks			
Grain-Bread				Graham Crackers	Crackers
Age Appropriate Sub.		Steamed Vegetables			

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. Children (age 12-24 month) are served whole milk. After 24 months, all children are served 1% milk.