



# Over the Rainbow

# Week 4

DATE:					
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Fruit-Vegetable	Peaches	Apple Sauce	Mixed Fruit	Oranges	Pears
Grain-Bread	Toasty O's	Waffles	Chex	Pancakes	Kixx
Age Appropriate Sub.					
LUNCH	Pasta with Meat Sauce	Chicken & Rice Casserole	Turkey Sandwich	Egg Sandwich	Grilled Cheese & Tomato Soup
Meat-Meat Alternate	Turkey	Chicken	Sliced Turkey	Egg Patty	Cheese
		Cream of Chicken Soup			
Grain-Bread	Pasta	Rice	Wheat Bread	Bun	Whole Wheat Bread
Fruit-Vegetable [1]	Broccoli & Tomato Sauce	Peas & Carrots	Green Beans	Corn	Salad & Tomato Soup
Fruit-Vegetable [2]	Oranges	Pears	Apple Slices	Peaches	Mixed Fruit
Milk	Milk	Milk	Milk & Cheese	Milk, Cheese	Milk
Age Appropriate Sub.					
PM SNACK					
Milk	Vanilla Yogurt	Milk	Milk	Milk	Milk
Meat-Meat Alternate				Cheese	
Fruit-Vegetable					
	Peaches	Carrots & Ranch Dressing	Pineapple Muffins		
Grain-Bread				Crackers	Pretzels
Age Appropriate Sub		Steamed Carrots			

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 unflavored whole milk. After 24 months, all children are served 1% unflavored milk.