

# CHAMPION EARLY LEARNING CENTER

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## Day Care Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> <li>Whole Grain Banana Muffin /</li> <li>Applesauce</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt/Fruit Parfait with</li> <li>Cereal /</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Banana Crunch Pop C</li> <li>Graham cracker /</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Oven French Toast /</li> <li>Canned fruit cocktail A, C</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>High fiber cold cereal /</li> <li>Seasonal melon or orange slices C</li> <li>Milk</li> </ul>
Lunch/Supper	<ul style="list-style-type: none"> <li>Macaroni (I) &amp; Cheese with Ham /</li> <li>Frozen peas A, C</li> <li>Orange slices C</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Porcupine Meatball / (recommend using brown rice and lean ground beef in recipe)</li> <li>Mashed potato C</li> <li>Green beans</li> <li>Whole wheat dinner roll /</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Corn Flake Baked Chicken Breasts /</li> <li>Brown rice pilaf /</li> <li>Steamed broccoli A, C</li> <li>Canned peaches A</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>PB (I) &amp; J sandwich on whole wheat bread /</li> <li>Low-fat mozzarella cheese stick</li> <li>Sunny Carrot Salad A</li> <li>Apple slices C</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Baked Beans (I)</li> <li>Perfect Cornbread /</li> <li>Spinach Salad I, A, C</li> <li>Canned apricots A, I</li> <li>Milk</li> </ul>
Snack	<ul style="list-style-type: none"> <li>Chex Mix I</li> <li>Strawberries C (fresh in season or frozen)</li> </ul>	<ul style="list-style-type: none"> <li>Apple slices C</li> <li>Perfect Peanut Butter Dip /</li> </ul>	<ul style="list-style-type: none"> <li>Tortilla chips /</li> <li>Black Bean Dip /</li> </ul>	<ul style="list-style-type: none"> <li>Fruit (to provide ½ cup fruit)</li> <li>Animal crackers / (made with enriched flour)</li> </ul>	<ul style="list-style-type: none"> <li>Mini bagel (I) with cream cheese</li> <li>100% Juice</li> </ul>