

CURIOUS KIDS SHAWNEE DAYCARE

FOOD MENU

Includes Ingredients - Water served with all meals unless noted

Week 1	Morning Snack	Lunch	Afternoon Snack
Monday	Pancakes or Waffles with Mix Berries (whole wheat flour, eggs, milk, baking powder, berries)	Beef and Mix veggie Quesadilla (ground beef, peas, carrots, whole kernel corn, green beans and lima beans, whole wheat tortilla)	Yogurt with mixed berries Yogurt (plain or vanilla) with mixed berries (blueberries, strawberries)
Tuesday	Corn Flakes Cereal with Banana and Milk	Chicken Noodle Soup (chicken breast, noodles, carrots) /Veggie Noodle Soup (vegetable broth, noodles, carrots) with Whole Wheat Bun	Mix trail (Goldfish crackers, Multi grain Cheerios and Shreddies snack mix)
Wednesday	Whole wheat toast with strawberry jam and Milk	Kidney beans & green bean curry (kidney beans, green beans, mild curry spices) with rice	Crackers with Cheese and banana or apple slices
Thursday	Whole Wheat Bagel with strawberry Cream Cheese, Apple Slices	Tofu Veggie Fried rice with Mix Veggies (Tofu, peas, carrots, whole kernel corn, green beans and lima beans), Fruit and Milk	Graham crackers and apple slices
Friday	Cheerios with Banana and Milk	French toast and mix veg (peas, carrots, whole kernel corn, green beans and lima beans)	Crackers and cucumber slices

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Week 2	Morning Snack	Lunch	Afternoon Snack
Monday	Oatmeal with Oranges slices and Milk	Lentil and green beans soup (lentils, green beans, tomatoes, herbs) with whole wheat bun	Fruits and Granola Bars
Tuesday	Toast with Strawberry Jam and Milk	Fish and veggies curry with rice (Boneless Basa fish, tomato base, spices) and vegetables with rice)	Yogurt with mix Berries
Wednesday	Multigrain cereal (bran flakes, oats) with apple slices and milk	Spaghetti pasta with Beef and veggie (ground beef, spaghetti, carrots,)	Oatmeal Cookies and Apples
Thursday	Cinnamon Bread with Banana and Milk	Kidney beans and green bean curry with Rice	Crackers with Banana or Oranges Slices
Friday	Cheerios/ Bread with Banana and Milk	Grill Cheese sandwich with cucumber/carrot (whole wheat bread, cheddar cheese)	Mix trail (Goldfish crackers, Multi grain Cheerios and Shreddies snack mix)

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Week 3	Morning Snack	Lunch	Afternoon Snack
Monday	Banana and pancake (banana, whole wheat flour, eggs, milk)	Fish and vegetable Curry with Rice	Yogurt with mixed berries
Tuesday	Whole Wheat Toast with Butter, Apple slices and Milk	Chickpea and green bean Masala (mild spice) with Whole Wheat Bun or rice	Granola Bars with Carrot Sticks
Wednesday	Corn flakes cereal with milk	Chicken and Vegetable Curry (peas, carrots, whole kernel corn, green beans and lima beans) with Rice	Rice Crackers with Cucumber or Carrot Slices
Thursday	Whole Wheat Bagel with Cream Cheese, Apple Slices	Pasta in red tomato sauce and mix veggies (peas, carrots, whole kernel corn, green beans and lima beans) and milk	Mix trail (Goldfish crackers, Multi grain Cheerios and Shreddies snack mix)
Friday	Cheerios with Pear slices and Milk	Grill Cheese sandwich with cucumber/carrot slices	Oatmeal Cookies and Apple Slices

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Week 4	Morning Snack	Lunch	Afternoon Snack
Monday	Whole Wheat Bread Toast with Butter, Banana, and Milk	Tofu and mix veggie fried rice (Tofu, peas, carrots, whole kernel corn, green beans and lima beans)	Oatmeal cookies and Cucumber Slices
Tuesday	Oatmeal with Mix berries and Milk	Pasta with Alfredo or Red sauce and Mixed Vegetables (peas, carrots, whole kernel corn, green beans and lima beans)	Rice cakes with Carrots or Apple
Wednesday	Banana, Pancakes with Milk	Chicken noodles and veggies (peas, corn, carrots)	Mix trail (Goldfish crackers, Multi grain Cheerios and Shreddies snack mix)
Thursday	Cinnamon Bread with Banana and Milk	Kidney bean and green bean curry with rice or bun	Yogurt with mixed berries
Friday	Cheerios with apple and milk	Home made pizza with sausage and mix veg (whole wheat crust, sausage, mixed veggies)	Graham crackers and orange slices