

# Southview Child Care Menu

**Note: Food substitutions for dietary needs will be provided (vegetarian, gluten-free, lactose free, etc.)**

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| <u>Week 1</u>  |  |   |   |  |
| Blueberry bran muffins, milk                           | Cereal (Raisin Bran, Shreddies, Rice Krispies, WW Cheerios), milk    | Vanilla yogurt, granola, water  | Cinnamon toast, milk  | Croissants, jam, juice   |
| Pyrogies, sour cream, bacon bits, veggies, milk, fruit | Tortellini, tomato sauce, Parmesan cheese, veggies, fruit bars, milk | Taco salad (lettuce, tomato, cheese, hamburger, chips, ranch dressing), fruit, milk (plus pasta for Caterpillars) | Chicken strips, pita bread, hummus, cucumbers, milk, yogurt                               | Make your own sandwich (buns, ham, turkey, cheese, cucumber, tomato, lettuce), fruit, milk |
| Pickles, salami, crackers, cheese cubes, juice         | Fruit, cheese strings, water   | Veggies, dilly dip, fish crackers, water  | Dried fruit (apricots, mangos, raisins, Craisins, cherries, blueberries), pretzels, water | Fruit, Arrowroots, water   |
| <u>Week 2</u>  |  |   |   |  |
| English muffins, cheese slices, milk                   | Bagels, butter or jam, orange juice                                  | Pita pockets with cucumbers and hummus, milk  | Sun Rype Fruit bars, arrowroots, water  | Cereal (Raisin Bran, Shreddies, Rice Krispies, WW Cheerios), milk                          |
| Hash browns, scrambled eggs, fruit, milk               | Macaroni & cheese, carrot sticks, cucumbers, fruit, milk             | Grilled cheese, tomato soup, milk, fruit  | Spaghetti, meatballs, sauce, veggies, milk, pudding                                       | Pancakes, syrup, sausages, fruit, milk   |
| Fruit salad, animal crackers, water                    | Fruit smoothies (frozen mixed fruit, yogurt)                         | Veggies, dilly dip, fish crackers, water  | Rice Krispie squares, water   | Fruit, Arrowroots, Water   |

Selection of vegetables can include: cucumbers, carrots, celery, snap peas, bell peppers, broccoli, cherry tomatoes, corn on the cob, cooked peas/carrots/corn. Seasonal Fruit selections can include: apples, oranges, bananas, cantaloupe, pears, canned peaches, applesauce, strawberries, blueberries, blackberries, fresh or canned mandarin oranges, watermelon.

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| <u>Week 3</u>   |   |  |  |   |
| Fruit, Vanilla Wafers, water  | Vanilla yogurt, granola, water  | Bran muffins, cheese cubes, milk   | English muffins, jam, juice  | Sun Rype Fruit Bars, milk   |
| Chicken fried rice (rice, chicken, peas, egg), veggies, fruit, milk                     | Pasta Alfredo, veggies, Parmesan cheese, fruit, milk                        | Soft tacos (hamburger, cheese, lettuce, tomato, salsa, tortilla shells, sour cream), fruit, milk | Tropical Chili (hamburger, tomato sauce, pineapple, green peppers, baked beans), buns, fruit, milk | Make your own sandwich (Ham, turkey, cheese, cucumber, tomato, lettuce), yogurt, milk |
| Trail Mix (Cheerios, Choc Chips, Pretzels, Shreddies, Raisins), milk                    | Fruit, rice crackers, milk  | Fruit, pretzels, water   | Pudding (choc., vanilla, butterscotch & lemon), strawberries, water                                | Veggies, dilly dip, fish crackers, water  |
| <u>Week 4</u>   |   |  |  |   |
| Granola Bars, milk  | English Muffins, jam or butter, milk  | Fruit, Arrowroots, water   | Vanilla yogurt, granola, water   | Apple muffins, fruit, milk  |
| Cheese & chicken quesadillas (tortilla shells, sour cream, salsa), veggies, fruit, milk | Baked meat lasagna, garlic bread, cooked peas & carrots, milk, granola bars | Meatballs, rice, Soya sauce, veggies, milk, yogurt   | Chicken noodle soup, breadsticks, veggies, fruit, milk   | Cheese pizza, corn on the cob, fruit, milk  |
| Veggies, dilly dip, water   | Fruit, Social Teas, water   | Cheese, salami, pickles, crackers, juice   | Soft pizza pretzels, pizza dipping sauce, cucumbers, water   | Nachos, cheese, salsa, juice  |

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