

# 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.

<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

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.