

FAITH DAY NURSERY MENU – FALL/WINTER 2023 (Final)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Yogurt & Berries Granola	Oatmeal & Berries Milk	Scrambled Eggs & Toast Oranges Milk	Waffles & Syrup Berries Milk	Bagels & Cream Cheese Fresh Fruit
Lunch	Tofu/Spinach Lasagna Peas Oranges Milk	Turkey Bacon & Cheese Pizza I&T – Cucumbers J&S – Caesar Salad Cantaloupe & Milk	Baked Chicken, Mixed Veggies & Mashed Potatoes Bread Fresh Fruit Milk	Cheesy Spinach Fish Sticks Noodles Oranges Milk	Ground Turkey, Rice, Onion, Green and Orange Pepper Fresh Fruit Milk
PM Snack	Breadsticks & Hummus Fresh Fruit	Yogurt Tubes & Apples Crackers	Banana Bread Fresh Fruit	Naan Bread with Wow butter Bananas	Cheese & Crackers Apples
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Oatmeal & Berries Milk	Cereal Oranges Milk	Croissants and jam Fresh Fruit Milk	Pancakes & Syrup Kiwi Milk	English Muffin with Wow Butter/Jam Fresh Fruit
Lunch	Chicken Ranch Casserole Mixed Veggies Cantaloupe Milk	Cheesy Bean Taco Pasta California vegetables Applesauce Milk	Sloppy Joes I&T – Peas J&S – Spinach Salad Fresh Fruit Milk	Chicken Noodle Soup (with carrots) Tuna Sandwiches Fresh Fruit Milk	Meatballs & Rice Cucumber Fresh Fruit Milk
PM Snack	Spinach Cheese Muffins Fresh Fruit	Breadsticks, Carrots and Cucumbers with Hummus	Pumpkin Muffins Fresh Fruit	Apple Slices & Wow Butter Breadsticks	Cheese & Crackers Peaches
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	French Toast & Syrup Oranges Milk	Oatmeal & Fresh Fruit Milk	Raisin Toast Apples Milk	Scrambled Eggs & Toast Fresh Fruit Milk	Cereal & Milk Fresh Fruit
Lunch	Ground Beef Tacos Peas Applesauce & Milk	Tomato Noodle Soup Turkey Subs Kiwi Milk	Vegetarian Chili & Dinner Rolls I&T – Cucumbers J&S – Caesar Salad Fresh Fruit & Milk	Fish Nuggets & Rice California Vegetables Fresh Fruit Milk	Ground Turkey & Penne Cooked Broccoli Cantaloupe Milk
PM Snack	Naan and Tzatziki Cucumber slices	Hummus & Crackers Carrots	Oat Muffins Peaches	Breadsticks with Wow Butter Carrots	Blueberry Muffins Bananas
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Yogurt & Berries Granola	Cereal & Milk Oranges	Croissants and Jam Kiwi Milk	Waffles & Syrup Berries & Milk	English Muffin with Wow Butter/Jam Fresh Fruit
Lunch	Beans & Cheese Quesadillas Cucumbers Fresh Fruit Milk	Tuna Mac & Cheese Cooked Broccoli Applesauce Milk	Spaghetti and Meatballs Peas Fresh Fruit Milk	Pulled Chicken Sandwiches I&T – California Vegetables J&S – Spinach Salad Oranges Milk	Mini Burgers I&T – Peas J&S – Caesar Salad Fresh Fruit Milk
PM Snack	Carrot Muffins Fresh Fruit	Breadsticks & Hummus Bananas	Banana Muffins Peaches	Naan and Tzatziki Cucumber Slices	Cheese & Crackers Carrots

***Whole Wheat Bread (WW), Rice, Crackers and Pasta is our first choice when available ***Milk is served at every Lunch. Water is served at every Pm snack

***Infants and Toddlers are served Homogenized Milk and Pre-School children are served 2% Milk