

Cycle A	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios Apples Milk	Whole Grain Croissant W/ Jam Mixed Berries Milk	Homemade Banana Chocolate Chip Muffins Bananas Milk	Cinnamon Raisin Bagels w/low-fat Cream Cheese Peaches Milk	Kix Cereal Cantaloupe Milk
Lunch	Roast Turkey & Cheese Sandwich Whole Wheat Bread Peas & Carrots Pears Milk	Grilled Chicken Wraps Shredded Cheese Fresh Garden Salad Whole Grain Wrap Watermelon Milk	Whole Grain Crispy Chicken Sandwich Whole Wheat Bun Sliced Carrots Grapes Milk	Homemade Ziti Whole Wheat Pasta Corn Honey Dew Milk	Cheese pizza Whole Wheat Dough Green beans Fruit Cocktail Milk
Snack	Whole Grain Soft Pretzel Stick 100% Grape Juice	Low-Fat Yogurt Graham Crackers Water	Raisin Bread Slices Milk	Ritz Crackers Vegetable Cream Cheese Milk	Low-Fat Cheese Sticks Oyster Crackers Milk

Cycle B	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies Pears Milk	Homemade Apple Cinnamon Muffins Plums Milk	Low-Fat Yogurt Mixed Berries Milk	Buttermilk Biscuit w/Jam Bananas Milk	Cheerios Tropical Mixed Fruit Milk
Lunch	Sunbutter and Grape Jelly Sandwich Low-Fat Cheese stick Whole Wheat Bread Peas Apples Milk	Chicken Tacos w/shredded cheddar/lettuce/tomatoes Roasted Corn Grapes Whole Grain Tortilla Milk	Grilled Chicken Alfredo Whole Grain Pasta Mix Veggies Watermelon Milk	Sweet & Sour Chicken Grilled Chicken Bites Whole Grain Rice Broccoli Blend Tropical Fruit Milk	Chicken Nuggets Sweet Potato Puffs Clementines Whole Grain Dinner Roll Milk
Snack	Whole Grain Goldfish Crackers Milk	Whole Grain Scooby Snacks Milk	Whole grain Cheez-its Milk	Sliced Cucumbers and Hummus 100% Fruit Juice	Low-Fat Cheese Sticks Whole Grain Pretzel Goldfish Milk

Milk Info: 1% for children 2 and over Whole milk for children 1 year old

Disclosure: Capital Milestones Child Care is an equal opportunity employer.

Cycle C	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfas +	Rice Chex Apple Milk	Whole Wheat Bagel w/low-fat Cream Cheese Peaches Milk	Corn Muffin Honey Dew Melon Milk	Blueberry Oatmeal Banana Milk	Rice Krispies Pineapple Tidbits Milk
Lunch	BBQ Grilled Chicken Whole Grain Brown Rice Mixed Vegetables Pears Milk	WGR Spaghetti & Turkey Meatballs Tomato Sauce Peas Cantaloupe Milk	Egg Salad Sandwich Whole Wheat Pita Bread Fresh Garden Salad Watermelon Milk	Homemade Cheeseburger Macaroni Whole Wheat Pasta Green Beans Grapes Milk	Cheese Pizza Whole Wheat Dough Carrots Clementines Milk
Snack	Whole Grain Soft Pretzel 100% Apple Juice	Whole Grain Teddy Grahams Milk	Homemade Chex Mix W/ Golden Raisins Milk	Whole Grain Cheez-its Milk	Wheat Thins Low-Fat Cheese Sticks Water

Cycle D	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfas +	Cheerios Pears Milk	WGR English Muffin w/ Butter or Jelly Banana Milk	Whole Grain French Toast Sticks Applesauce Milk	Homemade Blueberry Muffins Honey Dew Milk	Kix Cereal Peaches Milk
Lunch	Chicken Tenders Sweet Potato Fries WGR Dinner roll Apples Milk	Chicken Parm Cutlets Soft Breadsticks Peas/Carrots Cantaloupe Milk	Cheese Quesadilla WGR Tortilla Lettuce & Tomatoes Roasted Corn Salsa & Sour Cream Milk	Grilled Chicken Breast Veggie Pasta Salad WGR Dinner Roll Clementines Milk	Mac-n-Cheese with BBQ Grilled Chicken WGR Dinner Roll Broccoli Blend Tropical Fruit Salad Milk
Snack	Whole Grain Pretzel Goldfish Crackers 100% Apple Juice	Raisin Bread Slices Milk	Whole Grain Rice Cakes Milk	Graham Crackers Low-Fat Yogurt Water	Low-Fat Cheese Stick Oyster Crackers Water

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