

Cycle A	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios Plum Milk	Whole Grain Waffles Banana Milk	Homemade Banana Bread Cantaloupe Milk	Buttermilk Biscuit w/Jam Fresh Mixed Berries Milk	Kix Cereal Pears Milk
Lunch	Roast Turkey & Cheese Sandwich Whole Wheat Bread Peas Clementines 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 Turkey Goulash Whole Wheat Pasta Whole grain dinner roll Corn Honey Dew Milk	Cheese pizza Whole Wheat Dough Green beans Fresh Fruit Salad 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	Cheese Sticks Club Crackers Water

Cycle B	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies Clementines Milk	Homemade Bran Muffin Plums Milk	Low-Fat Yogurt Mixed Berries Milk	Cinnamon raisin Bagels w/low-fat Cream Cheese Peaches Milk	Life Cereal Tropical Mixed Fruit Milk
Lunch	Grilled Cheese Whole Wheat Bread Tomato Soup Apples Milk	Turkey Tacos w/shredded cheddar/lettuce/tomatoes Roast Corn Grapes Whole wheat tortilla Milk	Grilled Chicken Alfredo Whole Grain Pasta Broccoli Florets Watermelon Whole wheat dinner roll Milk	Whole Grain French Toast Sticks Roasted Potatoes Turkey Sausage Cantaloupe milk	Whole Grain Chicken Nuggets Sweet potato Wedges Honey Dew Whole Grain Dinner Roll Milk
Snack	Whole Grain Goldfish Crackers Milk	Whole grain cheez-its Milk	Graham crackers Milk	Sliced Cucumbers and Dip 100% Fruit Juice	Low-fat cheese sticks applesauce Milk

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	Cinnamon Raisin Oatmeal Banana Milk	Reduce Sugar Toast Crunch Cereal Pineapple Tidbits Milk
Lunch	BBQ Chicken Breast Whole Grain Rice Mixed Vegetables Pears Milk	Turkey Meatball Subs Whole Wheat Roll Peas Cantaloupe Milk	Tuna Salad Whole Wheat Pita Fresh garden Salad Blueberries Milk	Homemade Cheeseburger Macaroni Whole Wheat pasta Green Beans Whole grain dinner roll Watermelon Milk	Cheese Pizza Whole Wheat Dough Slice carrots Fresh Orange Wedges Milk
Snack	Whole Grain Soft Pretzel 100% Apple Juice	Whole Grain Teddy Grahams Milk	Whole Grain Rice Cakes Milk	Whole Grain Cheez-its Milk	Wheat Thins Low-fat cheese sticks Water

Cycle D	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfas +	Cheerios Pears Milk	Whole Wheat English Muffin w/Jelly Banana Milk	Whole Grain French Toast Sticks Applesauce Milk	Homemade Blueberry Muffins Honey Dew Milk	Special K flakes Peaches Milk
Lunch	Homemade Chicken noodle soup Mix vegetables Whole grain dinner roll Clementines Milk	Chicken Parm Cutlets Soft Breadsticks Peas/Carrots Cantaloupe Milk	Turkey Cheeseburger Whole wheat bun Sweet potato Puffs Watermelon Milk	Grilled Chicken Breast Veggie Pasta Salad Whole Grain Dinner Roll Clementines Milk	Homemade Mac-n- Cheese/whole grain pasta Whole wheat dinner roll Broccoli Florets Tropical Fruit Salad milk
Snack	Whole Grain Pretzel Goldfish Crackers 100% Apple Juice	Raisin Bread Slices Milk	Homemade Chex Mix w/ Golden Raisins Milk	Graham Crackers Low-Fat Yogurt Water	Low-Fat Cheese Stick Oyster Crackers Water

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.