

Cycle A	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cheerios Slice Peaches Milk	Whole grain Waffles Clementine's Milk	Banana Muffin Honeydew melon Milk	Oatmeal with Cinnamon and Raisins Strawberries Milk	Kix Cereal Banana Milk
<b>Lunch</b>	Whole Grain Macaroni-n-Cheese Broccoli florets Pears Milk	Homemade Chicken noodle soup Mix vegetables Whole grain Dinner roll Plum milk	Whole Grain Crispy Chicken Sandwich Whole Wheat Bun Sliced Carrots Blueberries Milk	Turkey Goulash Corn Cantaloupe Milk	Cheese Pizza on whole grain dough Green Beans Fresh Fruit Salad Milk
<b>Snack</b>	Carrot Sticks with low fat dip Fruit juice	Low-Fat Vanilla Yogurt Graham Crackers Water	Raisin Bread slices Milk	Ritz crackers Vegetable cream cheese Milk	Cheese sticks Apples Water

Cycle B	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Rice Krispies Clementine's Milk	Zucchini Muffin Plums Milk	Low-fat yogurt Mixed Berries Milk	Whole Grain Bagels w/low-fat cream cheese Cantaloupe Milk	Life Cereal Tropical Fruit Milk
<b>Lunch</b>	Grilled Cheese Tomato Soup Apples Milk	Turkey Tacos with Cheddar Cheese Whole Grain Tortilla Lettuce, Tomato, corn milk	Grill Chicken alfredo Whole grain pasta Broccoli florets watermelon Milk	Whole Grain French toast Roast Potatoes Turkey Sausage Sliced Peaches Milk	Whole grain chicken nugget Sweet potato wedges Melon Salad Milk
<b>Snack</b>	Whole Grain Goldfish crackers Milk	Cheese Stick Applesauce Water	Whole Grain Cheez-Its Milk	Sliced Cucumbers and Dip 100% Fruit Juice	Graham Crackers 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

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<b>C</b>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfas</b>	Rice Chex Applesauce Milk	Cinnamon Raisin Bagel w/low-fat cream cheese Blueberries Milk	Corn Muffin Honeydew Melon Milk	Scrambled Eggs Whole Wheat Toast Banana Milk	Reduce Sugar toast Crunch cereal Pineapple tidbits Milk
<b>Lunch</b>	BBQ Grilled Chicken Breast Whole Wheat bun Mixed Vegetables Tropical fruit salad Milk	Turkey Meatball Whole Wheat Roll Peas Cantaloupe Milk	Homemade Cheeseburger Macaroni Green Beans Grapes Milk	Baked Turkey w/ Gravy Mashed potatoes Whole Grain dinner roll Watermelon Milk	Whole grain Cheese Pizza Broccoli Fresh Fruit salad Milk
<b>Snack</b>	Whole grain breadsticks 100% Fruit Juice	Whole Grain Teddy Grahams Milk	Whole Grain Chex Mix w/Raisins Milk	Whole Grain Cheez-its Milk	Wheat Thins Cheese Slices Water

Cycle	Monday	Tuesday	Wednesday	Thursday	Friday
<b>D</b>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfas</b>	Cheerios Pears Milk	Whole Wheat English Muffin w/Jelly Cantaloupe Milk	Whole Grain French Toast sticks Applesauce Milk	Blueberry Muffins Honeydew Milk	Kix Cereal Slice peaches Milk
<b>Lunch</b>	Baked Turkey Ham Roast Sweet Potatoes Pineapple slices Whole grain Dinner roll Milk	Turkey Bologna and Cheese Sandwich On Whole Wheat Bread Sliced Carrots Grapes Milk	Turkey Burger on a Wheat bun Cheese, lettuce tomato and pickles Sweet Potato tots Watermelon Milk	Grilled Chicken Breast Pasta Salad Whole Grain Roll Mandarin oranges Milk	Roasted Turkey and Cheese sandwich whole wheat bread Peas Plums Milk
<b>Snack</b>	Whole Grain Animal Crackers milk	Whole Wheat Raisin Bread Milk	Whole Grain Goldfish Crackers 100% Juice	Teddy Grahams Milk	Low-fat cheese stick Fruit Cocktail water

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