

U-NOW Day Nursery Menu

WEEK OF: July 25th – 29th, 2016

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK: Vegetable/Fruit Grains/Breads Milk	Cereal Milk Fruit	Cornbread Fruit Milk	Bagels with cream cheese or butter Milk Fruit	Mixed fruit yogurt Milk Fruit	Baked oatmeal Milk Fruit
LUNCH: Meat/Meat Alternative Vegetable/Fruit Grains/Breads Milk	Breaded Fish Sweet potatoes Roasted carrots Milk Fruit	Veggie burger sliders Pasta salad w/ cucumber & tomatoes Milk Fruit	Turkey & cheese sandwiches Cucumbers, peppers, & carrots Watermelon Milk	French toast Turkey bacon Carrots Milk Fruit	Chicken fajitas on wheat tortillas Red peppers Avocados Milk Fruit
PM SNACK: (2 of 4 Components) Meat/Meat Alternative Vegetable/Fruit Grains/Breads Milk	Vanilla yogurt Milk Fruit	Edamame & string cheese Milk Fruit	Hard boiled eggs & crackers Milk Fruit	Cucumbers & yogurt dip Milk Fruit	Teddy Grahams Milk Fruit

NOTE: MENUS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY
MEAT ALTERNATIVES (Vegetable Burgers, Eggs, Yogurt or Cheese, etc.) WILL BE AVAILABLE FOR VEGETARIANS
WHEN MEAT IS SERVED

Whole milk is served to all children under 2 years and 1% served to 2 years and older

Fruit served – Grapes, apples, bananas, oranges and pears

Available Cereal - Cheerios, Kix, Rice Chex, Rice Krispies

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