

PARK RIDGE CHILD CARE CENTER WINTER MENU November - April

All milk served is unflavored Whole Milk (under age 3) and Low Fat (1%) Milk, water is served with all meals

Week 1	
Monday: Breakfast: Lunch:	Cinnamon Toast Crunch/ Milk/ Banana Spanish Rice w/ hamburger & Soft and Hard Taco Shells Tossed Salad (peas for infants & toddlers) Pears Milk
Snack:	100 cal. Cheese nips/Apple Juice
Tuesday: Breakfast: Lunch:	WW English muffin/ Milk/ Citrus Sections (fresh) French Toast Sticks Turkey Sausage Patty Carrots Honeydew Cubes/ Applesauce (under 3) Milk
Snack:	Vanilla/Chocolate Pudding
Wednesday: Breakfast: Lunch:	Apple Cinnamon Muffin/ Milk/ Cantaloupe Cubes Turkey Burger w/ LF cheese WW Roll Steak Fries Corn on the Cobb/ nibblet corn (infants) Mandarin Oranges Milk
Snack:	Cinnamon Goldfish Cracker
Thursday: Breakfast: Lunch:	WW Pancakes w/ syrup/ Milk/ Orange Juice Spaghetti w/ sauce & meatballs Tossed Salad w/ ranch dressing (green beans for infants) Milk Light Apple crisp
Snack:	Strawberry Nutrigran Bar
Friday: Breakfast: Lunch:	Life Cereal/ Milk/ Banana Turkey w/ gravy Sweet Mashed Potatoes Peas Fruit Cocktail Milk
Snack:	Apples/ Applesauce (infants & toddlers)

Week 2	
Monday: Breakfast: Lunch:	Cheerios/ Milk/ Blueberries Turkey & LF Swiss Cheese on WW Chicken Noodle Soup Pineapple Chunks Milk
Snack:	Trix Lowfat Yogurt
Tuesday: Breakfast: Lunch:	French Toast w/ syrup/ Milk/ Orange Juice Chicken Pot Pie Peas Malibu Mix (fresh) Milk
Snack:	Chocolate Chip Cookie/ Milk
Wednesday: Breakfast: Lunch:	Berry Kix/ Milk/ Banana Chicken Fingers Tator Tots Corn Nibblets Diced Pears Milk
Snack:	Goldfish Crackers/ Apple Juice
Thursday: Breakfast: Lunch:	Cream of Wheat/ Milk/ Mandarin Oranges Rotini w/ turkey sauce Brussels Sprouts Jell-O w/ fruit Milk
Snack:	Apples/ Applesauce (infants & toddlers)
Friday: Breakfast: Lunch:	WW English Muffin/ Cheese Omelet/ Milk/ Orange Juice Pizza Topped w/ cheese & chicken Tossed Salad w/ ranch dressing (green beans for infants) Orange Sections (fresh) Milk
Snack:	Cubed LF Cheese & saltine crackers

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Week 3	
Monday:	
Breakfast:	Eggo Waffle Cereal/ Milk/ Blueberries
Lunch:	Turkey Burger w/ LF cheese WW Burger Roll Broccoli & Cauliflower Mix Fruit Cocktail Milk
Snack:	Honeydew Cubes
Tuesday:	
Breakfast:	WW Pancakes w/ syrup/ Milk/ Orange Juice
Lunch:	Chicken Taco's (chicken, lettuce, tomatoes, LF cheese, LF sour cream & taco sauce) Mexi Corn Mandarin Oranges
Snack:	Milk Trix Lowfat Yogurt
Wednesday:	
Breakfast:	Corn Muffin/ Milk/ Orange Sections (fresh)
Lunch:	Mini Penne w/ sauce & meatballs Tossed Salad w/ thousand island dressing Green Beans (infants) Pineapple Chunks (fresh) Milk
Snack:	Stacey's Cinnamon Pita chips/ Vanilla Wafers (under 3)
Thursday:	
Breakfast:	Oatmeal/ Milk/ Banana
Lunch:	Fish Sticks Mixed Vegetables Diced Peaches
Snack:	Milk 100 cal Cheese Nips/ Apple Juice
Friday:	
Breakfast:	Life Cereal/ Milk/ Pears
Lunch:	WW Mini Pancakes w/ syrup Turkey Sausage Patty Carrots Applesauce Milk
Snack:	Apple Nutrigran bar

Week 4	
Monday:	
Breakfast:	Cheerios/ Milk/ Orange Juice
Lunch:	Breaded Chicken Filet WW Burger Roll Vegetable Soup Pineapple Chunks Milk
Snack:	Vanilla/Chocolate Pudding
Tuesday:	
Breakfast:	French Toast w/ syrup/ Milk/ Diced Peaches
Lunch:	LF Macaroni & Cheese Peas Orange Sections Milk
Snack:	Goldfish Crackers/ Apple Juice
Wednesday:	
Breakfast:	Frosted Mini Wheat's/ Milk/ Banana
Lunch:	Turkey Sloppy Joes WW Burger Rolls Corn Malibu Melon Cup (fresh) Milk
Snack:	LF Cheese Stick/ Ritz crackers/ Fruit Punch
Thursday:	
Breakfast:	Cream of Wheat/ Milk/ Grape Juice
Lunch:	Chicken Fingers Steak Fries Winter Squash Mandarin Orange Jell-O cup Milk
Snack:	Oatmeal Raisin Cookie/ Milk
Friday:	
Breakfast:	Waffle w/ Fresh Strawberries/ Milk
Lunch:	Goulash (beef) Broccoli Florets Fruit Cocktail Milk
Snack:	Pretzel Rods over 3/ Vanilla Wafers (infants & toddlers)