

Needham Preschool and Daycare's Weekly Menu: Week

Each morning and afternoon snack provided will be accompanied with a food from the fruit and vegetable food group.

Our lunches will always include all four food groups. We will provide a vegetarian option weekly, as well as a variety of meat and alternatives.

Our menu will include whole grains whenever possible.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Orange Slices and Toast	Fruit Smoothies with Banana Bread	Yogurt Parfait with in-season Fruit	Whole Grain Cereal with Milk and berries	Melon Chunks with Graham Crackers
Lunch (Fresh, in season fruit served daily for dessert)	Build your own Wrap! (Ham or Chicken, with veggies and cheese)	Meatballs and Rice with Green Beans	Tuna Melts with Pepper Sticks	Macaroni and Cheese with Broccoli and Cauliflower	Sandwich Day! Variety of cheese, ham, chicken, and tuna. Carrots Cucumbers
Afternoon Snack	Carrots, Pita Bread and Hummus	Cheese, Crackers and Apple Slices	Crackers with Broccoli, Carrots, Celery and dip	Rice Cakes with Wow Butter and Fruit	Yogurt and in season fruit with breadsticks

I have followed the Food & Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.

Authorized Signature: _____ Date: _____