

Needham Preschool and Daycare's Weekly Menu: Week 2

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	Whole Grain Cereal with Milk and Berries	Applesauce with Breadsticks	Watermelon Smoothies with bagels	Boiled Eggs In season Fruit Melba Toast	Yogurt with granola and in season fruit
Lunch (Fresh, in season fruit served daily for dessert)	Black Bean Burritos with Rice and veggies sticks	Pancakes, Ham, Fruit Salad and Cheese cubes	BBQ chicken Wraps- with lettuce and shredded cheese	Spaghetti and Meat Sauce with Peppers and Mushrooms	Sandwich Day! Variety of cheese, ham, chicken, and tuna. Carrots Cucumbers
Afternoon Snack	Fruit Pizza (Crackers and Cream Cheese)	Lemon Loaf with Sliced Strawberries	Frozen Yogurt Bark with Berries	Melon Chunks and Trail Mix	Celery, wow Butter and Rice Cakes

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

Authorized Signature: _____ Date: _____