

Needham Preschool and Daycare's Weekly Menu: Week 3

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	Yogurt Parfait with in-season fruit	Whole Grain Cereal with Milk and Berries	English Muffins and Orange Slices	Banana and Wow butter Wraps	Veggie & Fruit Smoothies with Breadsticks
Lunch (Fresh, in season fruit served daily for dessert)	Build your own Charcuterie! (Variety of Ham, Chicken, cheese, Veggies, and Crackers)	Cheesy Chicken Divine Pasta Bake with Broccoli	Naan Bread Pizza Day! (BBQ chicken, Cheeseburger or Cheese) Veggie Sticks	Sloppy Joes and Rice with Pepper Sticks	Sandwich Day! Variety of cheese, ham, chicken, and tuna. Carrots Cucumbers
Afternoon Snack	Oranges and Graham Crackers	Carrots, Pita Bread and Hummus	Yogurt, berries and Melba Toast	Apples, Cheese and Crackers	Apple Sauce and Rice Cakes

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

Authorized Signature: _____ Date: _____