

Needham Preschool and Daycare's Weekly Menu: Week 4

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	Applesauce and Rice cakes	Melba Toast and In Season Fruit	Watermelon Smoothies with Toast	Yogurt with Granola and Berries	Whole Grain Cereal with Milk and Berries
Lunch (Fresh, in season fruit served daily for dessert)	Chicken Souvlaki with Greek Salad and Naan Bread	Meatloaf and Mashed Potatoes with Green Beans	Build your own WRAP! (Variety of Ham, Chicken, Veggies and Cheese)	Macaroni Goulash with Mushrooms, Onions and Peppers	Sandwich Day! Variety of cheese, ham, chicken, and tuna. Carrots Cucumbers
Afternoon Snack	Rice Cakes, Wow butter and Apples	Veggie Pizza Bites	Broccoli, Carrots, Cheese and Crackers	Frozen Yogurt Bark with Fruit	Trail mix, Melon and Cheese

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

Authorized Signature: _____ Date: _____