

THE CENTERS - Sample Early Learning Monthly Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
Rice Krispies	Muffin Continued	Yogurt	WW Bagel	Corn Flakes
Clementine	Mixed Berries	Blueberries	Kiwi	Banana
			0	
Chicken Sandwich	Turkey Stuffed Peppers	Chicken and Broccoli	Beef Enchilada Bake	Spinach and Cheese Ravioli
with Cheese	with Tomato Sauce	Casserole	with WG Tortilla	Ravioli Continued
Lettuce / Tomato	WG Egg Noodles	Whole Grain Rice	Sour Cream	with Marinara Sauce
WG Soft 1 oz Bun	Peas	Broccoli	Corn and Pepper Blend	Green Beans
Sweet Potatoes	Mango	Applesauce	Pears	Peaches
Apples				WG Roll
WG Grahams	WG Zucchini Bread	WG Trail Mix	WG Biscuit	Strawberry Yogurt
		With Apricot	WG Biscuit Continued	Animal crackers
			Warm Fruit Topping	

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Week 2				
Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
Chex Cereal	Kix Cereal	Blueberry Yogurt	Bran	Special K
Apples	Mandarin Oranges	WG Toasted Oats	Breakfast Muffin	Banana
		Mixed Berries	Cantaloupe	
Creamy Beef and Shells	Chicken Strips	Turkey and Cheese	Chicken Pita	Vegetable Lasagna
Casserole	Vegetarian Baked Beans	WG Grilled Cheese	Cucumber & Yogurt Sauce	with Zucchini
WG Shell Pasta	Corn Bread	Tomato Soup	WG Soft Pita	WG Roll
California Blend Vegetables	Apricot	Peas	Shredded Lettuce & Tomato	Pineapple
Pears		Peaches	Mango	0
WG Naan	Soft Apple Rings	Frozen Fruit Cup	Unflavored Milk	Chicken Salad
Hummus	Cheddar Slices	0	WG Fruit Muffin	Celery Sticks
0		0		
Week 3				
Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
Life Cereal	Cinnamon Raisin Bagel	Yogurt	WG Fruit Muffin	Crispix Cereal
Apples	Cream Cheese	Toasted Oats	WG Fruit Muffin Continued	Honeydew
	0			
Turkey Sloppy Joe	WG Macaroni and Cheese	Chicken Stir Fry	Turkey Taco	Vegetable Lasagna
1 oz WG Bun	Peas and Carrots	WG Brown Rice	Lettuce / Tomato / Cheese	with Zucchini
Green Beans	Peaches	Snap Peas	Salsa	WG Roll
Oranges	0	Pineapple	WG Tortilla	Pineapple

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	0	0	Mango	0
Water	Unflavored Milk	Water	Unflavored Milk	Unflavored Milk
Cheese	WG Carrot Bread	Hard Boiled Egg	Watermelon Applesauce	Tropical Fruit & Banana
WG Cracker		WG Crackers	Cup	Yogurt Bowl
Hint Water				
Week 4				
Cheerios	Triple Berry Muffin	Yogurt	Blueberry Bagel	Special K
Apples	Triple Berry Muffin Continued	WG Toasted Oats	Cream Cheese	Banana
	Pears	Mixed Berries	Honeydew	
			0	
Sweet and Sour Chicken	Turkey Meatsauce	Turkey Meatloaf	BBQ Chicken	WG French Toast
WG Brown Rice	WG Spaghetti	With Tomato Sauce	WG Corn Bread	WG French Toast Cont
Oriental Vegetable Blend	Green Beans	Spring Vegetable: Asparagus	Broccoli	Egg Patty
Mandarin Oranges	Tropical Fruit with Papaya	WG Roll	Peaches	Carrot and Kale Breakfast
0		Applesauce		Potato Hash
				Blueberries
Mixed Fruit in Kosher Jell-O	WG Soft Tortilla	WG Cinnamon Raisin Bread	Vegetable Dip	Raspberry and
0	Cheddar Slices	Soy Butter	Carrot Sticks	Vanilla Yogurt Smoothie