



# Food & Nutrition · Pediatric Menu at a Glance



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Apple juice Rice Chex String Cheese Blueberry Muffin Margarine	Apple Juice Cinnamon Toasties Cereal Scrambled Eggs Fresh Minibagel Cream cheese <u>Toddler:</u> no bagel	Apple Juice Frosted Flakes French Toast w/Syrup Margarine <u>Toddler:</u> Corn Flakes	Apple Juice Cheerios Scrambled Eggs Roll Margarine	Apple Juice Fruit Loops French Toast w/Syrup Margarine <u>Toddler:</u> no bagel	Apple Juice Rice Crispies Peach Yogurt Blueberry Muffin Margarine	Apple Juice Cheerios Scrambled Eggs Mini Kaiser Roll Margarine <u>Toddler:</u> no roll
L U N C H	Beef Noodle Soup Pizza French Fries Green Beans Pears  <u>Toddler:</u> Mac & Cheese Tator Tots Soft Green Beans	Chicken Noodle Soup Cheeseburger on Bun French Fries Corn O'Brien Chocolate IC  <u>Toddler:</u> Cheese Ravioli Soft Corn	Chicken & Rice Sp Vegetable Lasagna Mixed Vegetables Italian Bread Ice Cream  <u>Toddler:</u> Soft Mixed Vegetables	Spinach Tortellini Soup Burger on a Bun French Fries Peas & Carrots Applesauce  <u>Toddler:</u> Pasta w/Meat sauce Soft Peas & Carrots	Cream of Chicken Soup Roast Turkey w/Gravy Sweet Potato Soufflé Green Beans Chocolate Pudding  <u>Toddler:</u> Minced Turkey Soft Green Beans	Turkey Rice Soup Chicken Strips Sweet Corn Broccoli w/Cheese Mandarin Oranges  <u>Toddler:</u> Soft Corn Soft Broccoli	Chicken Noodle Soup Mac & Cheese French Fries Vegetable Medley Chocolate Cake  <u>Toddler:</u> Tator Tots Soft Vegetable Medley
D I N N E R	Grape Juice Ziti w/Cheese w/Beef Meat Sauce Peas & Carrots Sugar Cookie Roll Snack: Graham Crackers  <u>Toddler:</u> Soft Peas & Carrots	Fruit Blend Juice Oven Fried chicken Mashed Potatoes Carrots Banana Snack: Graham Crackers  <u>Toddler:</u> Mac & Cheese Tator Tots Soft Carrots	Grape Juice Chicken Strips French Fries Broccoli w/Cheese Diced Peaches Snack: Graham Crackers  <u>Toddler:</u> Tator Tots Soft Broccoli	Fruit Blend Juice Spaghetti & Meatballs Vegetable Medley Choc Chip Cookie Roll Snack: Graham Crackers  <u>Toddler:</u> Soft Vegetable Medley	Grape Juice Cheeseburger/Bun Tator Tots Dill Carrots Fruit Cocktail Snack: Graham Crackers  <u>Toddler:</u> Mac & Cheese Soft Carrots	Fruit Blend Juice Baked Ziti w/Cheese w/Marinara Sauce Salad Ice Cream Snack: Graham Crackers  <u>Toddler:</u> Soft Green Beans	Grape Juice Bowties w/Meat Sauce Mixed Vegetables Tropical Fruit Roll Snack: Graham Crackers  <u>Toddler:</u> Soft Mixed Vegetables

### Alternatives available on a daily basis

Cottage cheese and fruit	Mac & cheese	Grilled Cheese	Assorted sandwiches
Hamburger/cheeseburger	Baked chicken	Spanish Rice & Beans	Ice Cream, puddings, cakes, Italian ices, canned and fresh fruit, fruit juices
Chicken patty on a bun	Baked fish	Mashed Potatoes	
Pasta with marinara/ meat sauce	Veggie burger	Tator Tots	
Pizza	Chicken nuggets	Rice	