

# harvest pointe daycare

## Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING</b>				
Whole Wheat Pita with Hummus	Multi Grain Crackers with Bananas	Unsweetened Applesauce with Rice Crackers/Cakes	Whole Wheat Toast with Jam	Whole Grain Crackers with Cheese
<b>AFTERNOON</b>				
Yogurt, Granola and Strawberries	Yogurt with Fruit	Graham Wafer with Veggies  Oatmeal for (6mos-11mos)	Seasonal Fruit Bowl	Veggies with Dip  Oatmeal for (6mos-11mos)

Morning Snack will be served with Milk 2% or 3%

Vegetable selection will include but not limited to cucumbers, cauliflower, celery, bell peppers, carrots

Ripe fruit selection will include but not limited to bananas, apples, melons, and berries.

## Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Butter Chicken and Rice With Vegetables	Perogies and Chicken Sausage with Fruit	Macaroni & Cheese With Vegetables	Vegetable Soup and unsalted crackers with Fruit	Chicken nuggets & Fries with Fruit
Week 2	Chickpea Curry with Rice & Fruit	Mini Cheese Pizza & Vegetables	Spaghetti with tomato sauce with Vegetables	Cream of Broccoli & Cheddar Soup with unsalted crackers & Fruit	Mini Beef Burgers with Sweet Potato Fries
Week 3	Hakka Vegetable Noodles with Fruit	Chicken & Veg Pulao & Cucumber Yogurt	Penne Pasta with Alfredo Sauce With Fruit	Chili and whole wheat buns	Fish Sticks and Tartar Sauce with Vegetables
Week 4	Korma Chicken with Rice & Naan Bread with Fruit	Shredded Chicken Sandwich with Vegetables	Cheese Quesadilla and Sour Cream with Fruit	Cream of Mushroom Soup with unsalted crackers and Fruit	Mini Veggie Burgers with Fries
Week 5	Veggie Samosas with Fruit	Grilled Cheese Sandwich with Vegetables	Vegetable Fried rice with Fruit Yogurt	Tomato Soup with Unsalted Crackers & Vegetables	Fish Pakora (Basa) with Fruit

Fruit: Seasonal – watermelon, cantaloupe, honeydew, bananas, apples

Vegetables: Steamed – carrots, peas, broccoli, cauliflowers, corn

2% and 3% Milk Served with each meal