

KEW BEACH DAYCARE MENUS – SUMMER/FALL 2016

WEEK 1 - WEEKS OF JULY 4, AUGUST 1, 29, SEPTEMBER 26, OCTOBER 24, NOVEMBER 21, DECEMBER 19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 AM PS/ KG/ SA SNACK	W.W. Pita /Jam Kiwi Milk	W.W. Toast Unsweetened Applesauce Milk	W.W. Bagel Low Fat Cream Cheese Oranges Milk	W.W. Waffle/Syrup Grapes Milk	Multi-Grain Cheerios Banana Milk
11:30 AM PS LUNCH	Lean Ground Beef Shepherd's Pie Peas Broccoli W.W. Bread/Marg. Apples Milk	Vegetarian Enchilada(W.W. Tortilla, Whole Gr. Rice, Red Kidney Beans, Corn, Zucchini) Mini Potatoes Sautéed Cauliflower, Sweet Potato, Red Pepper Pears, Milk	Chicken Cacciatore (skinless drumsticks) Green Beans Corn Whole Grain Rice Cantaloupe Milk	Egg Salad (Low Fat Mayonnaise) W.W. Dinner Rolls Waldorf Salad (Romaine lettuce, apples, celery, grapes – Low Fat Mayonnaise dressing) Green Pepper Strips Cucumber Banana Milk	Homemade Breaded and Baked Tilapia Fish Sticks Rice Pilaf with Peas Glazed Carrot Coins Cauliflower Seedless Watermelon Milk
2:00 PM P & KG SNACK	Melon Milk	Banana Milk	Strawberries Milk	Cherry Tomatoes and Broccoli Low Fat Cheese Cubes Milk	Pears Milk
4:00 PM PS SNACK	Baby Carrots Graham Crackers Low Fat Vanilla Yogurt Milk	W.W. Bread Sliced Low Fat Cheddar Cheese Cucumber Milk	Cinnamon-Sugar W.W. Tortilla Rolls Apples Milk	W.W. Thin Crackers Oranges Milk	W.W. /Low Fat Cheese Pizza Sticks Red Pepper Strips Milk
4:30 PM PS & KG SNACK	Baby Carrots Graham Crackers Low Fat Vanilla Yogurt Milk	W.W. Bread Sliced Low Fat Cheddar Cheese Cucumber Milk	Cinnamon-Sugar W.W. Tortilla Rolls Apples Milk	W.W. Thin Crackers Oranges Milk	W.W. /Low Fat Cheese Pizza Sticks Red Pepper Strips Milk

- All milk served is 2%
- Water is served at all times
- More food is available to children at meals and snacks

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WEEK 2 – WEEKS OF JULY 11, AUGUST 8, SEPTEMBER 5, OCTOBER 3, 31, NOVEMBER 28, DECEMBER 26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 AM PS/ KG/ SA SNACK	W.W. English Muffin Oranges Milk	Scrambled Eggs W.W. Toast Kiwi Milk	W.W. Toasted Cheese Sandwich Grapes Milk	W.W. Pita/Jam Pears Milk	Hot Oatmeal Bananas Milk
11:30 AM LUNCH PS	Skinless Chicken Chow Mein – Noodles with Green Cabbage Baked Sweet Potato Zucchini Pears Milk	Whole Grain Rice/Lentil Biryani Vegetables in Tomato Sauce (Cauliflower, Potatoes, Carrots, Peas, Chick Peas) Cantaloupe Milk	Lean Ground Chicken Wraps W.W. Tortillas, Cherry Tomatoes, Low Fat Sour Cream Low Fat Grated Cheese Spinach Salad Balsamic Vinaigrette Strawberries Milk	Oven Roasted Ham Salad (Low Fat Mayonnaise) W.W. Dinner Rolls Potato Salad (Low Fat Mayonnaise) Green Peppers Carrot Sticks Bananas Milk	Baked Tilapia Whole Grain Rice Corn Green Beans Apples Milk
2:00 PM PS & KG SNACK	Cantaloupe Milk	Oranges Milk	Pears Milk	Seedless Watermelon Milk	Grapes Milk
4:00 PM SA SNACK	Unsweetened Applesauce Whole Grain Melba Toast Low Fat Cheese Cucumbers Milk	Trail Mix (homemade granola clusters, flax seed, pumpkin seeds, dried blueberries) Baby Carrots Milk	W.W. Mini Bagel Low Fat Cream Cheese Apples Milk	W.W. Bread/Marg. Oranges Milk	Homemade Whole Wheat Carrot Crumble Cake Cucumbers Milk
4:30 PM PS & KG SNACK	Unsweetened Applesauce Whole Grain Melba Toast Low Fat Cheese Cucumbers Milk	Trail Mix (homemade granola clusters, flax seed, pumpkin seeds, dried blueberries) Baby Carrots Milk	W.W. Mini Bagel Low Fat Cream Cheese Apples Milk	W.W. Bread/Marg. Oranges Milk	Homemade Whole Wheat Carrot Crumble Cake Cucumbers Milk

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WEEK 3 – WEEKS OF JULY 18, AUGUST 15, SEPTEMBER 12, OCTOBER 10, NOVEMBER 7, DECEMBER 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 AM PS SNACK	W.W. Bagel Low Fat Cream Cheese Pears Milk	W.W. English Muffin /Jam Kiwi Milk	Low Fat Vanilla Yogurt W.W. Toast/Jam Apples Milk	Hard Boiled Eggs W.W. Toast Milk	Mini Wheat Cereal Grapes Milk
11:30 AM PS LUNCH	Homemade Breaded Lean Ground Chicken Burgers W.W. Buns Roasted Sweet Potato Peas Oranges Milk	W.W. Cheese Pizza with Low Fat Cheese Chick Pea Salad Spinach Salad Balsamic Vinaigrette Red Peppers Unsweetened Applesauce Milk	Skinless Chicken Stew Whole Grain Rice Zucchini Corn Grapes Milk	Homemade Lean Ground Beef Meatballs on W.W. Dinner Roll Broccoli Cabbage Coleslaw with Low Fat Mayo Dressing Apples Milk	W.W. Macaroni and Low Fat Cheese Tuna Casserole Cherry Tomatoes Peas Bananas Milk
2:00 PM PS & KG SNACK	Cherry Tomatoes Cucumbers Ranch Dip Milk	Cantaloupe Milk	Bananas Milk	Strawberries Milk	Unsweetened Applesauce Milk
4:00 PM SA SNACK	Low Fat Vanilla Yogurt Homemade Granola Apples Milk	Mini Muesli Pita/Marg. Baby Carrots Milk	W.W. English Muffin Sliced Low Fat Cheese Cucumber Milk	Pumpnickel Bread Baba Ganoush Dip Pears Milk	W.W. Bread/Marg. Red Peppers Oranges Milk
4:30 PM PS & KG SNACK	Low Fat Vanilla Yogurt Homemade Granola Apples Milk	Mini Muesli Pita/Marg. Baby Carrots Milk	W.W. English Muffin Sliced Low Fat Cheese Cucumber Milk	Pumpnickel Bread Baba Ganoush Dip Pears Milk	W.W. Bread/Marg. Red Peppers Oranges Milk

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- Water is served at all times
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KEW BEACH DAYCARE MENUS – SUMMER – FALL 2016

WEEK 4 – WEEKS OF JULY 25, AUGUST 22, SEPTEMBER 19, OCTOBER 17, NOVEMBER 14, DECEMBER 12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 AM PS/KG/SA SNACK	W.W. Raisin Toast Apples Milk	W.W. Pita/Jam Cantaloupe Milk	Multi-Grain Cheerios Oranges Milk	W.W. Toast/Jam Grapes Milk	Hot Oatmeal Kiwi Milk
11:30 AM PS LUNCH	Skinless Chicken Breast in Tomato Sauce with Gnocchi W.W. Bread/Marg. Green Beans Cantaloupe Milk	Vegetarian Tourtiere(Chick Peas, Mushrooms in W.W. Crust) Broccoli W.W. Bread/Marg. Oranges Milk	Lean Ground Chicken, Whole Grain Rice Red Kidney Beans In Tomato Sauce Casserole Zucchini Peas Pears Milk	Ham and Low Fat Cheese Quiche Romaine Salad with Low Fat Caesar Dressing W.W. Bread Bananas Milk	Homemade Baked Tilapia Nuggets Roasted Vegetables (Potato, Zucchini, Red Peppers) Cantaloupe Milk
2:00 PM PS & KG SNACK	Pears Milk	Apples Milk	Seedless Watermelon Milk	Oranges Milk	Strawberries Milk
4:00 PM SA SNACK	Homemade W.W. Banana/Blueberry Muffins Cucumbers Milk	Tossed Salad (celery, lettuce, tomato, cucumber, Ranch Dressing W.W. Bread/Marg. Milk	W.W. Thin Crackers Apples Milk	Baked W.W. Pita with Cheese Pears Milk	W.W. Bread/Marg. Oranges Milk
4:30 PM PS & KG SNACK	Homemade W.W. Banana/Blueberry Muffins Cucumbers Milk	W.W. Bread, Cucumber, Low Fat Cheese Sandwich Milk	W.W. Thin Crackers Apples Milk	Baked W.W. Pita with Cheese Pears Milk	W.W. Bread/Marg. Oranges Milk

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