

Tender Hearts Family Child Care Center Non-Infant Menu

Spring/Summer Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffles Strawberries Milk	Pancakes Pears Milk	Cheerios Cereal Strawberries Milk	French Toast Peaches Milk	Cheerios Cereal Strawberries Milk
AM Snack	Peaches WG Crackers Water	Watermelon WG Crackers Water	Pineapple English Muffins Water	Watermelon Muffins Water	Cottage Cheese English Muffins Water
Lunch	Burritos on Flour Tortillas Lettuce & Tomatoes Pears Milk	Cheeseburgers on WG Bun Corn on the Cob French Fries Milk	Egg Salad Sandwich on Wheat Bread Carrot Sticks Pineapple Milk	Turkey & Cheese Sandwich on Wheat Bread Carrot Sticks Pears Milk	Chicken Breasts on WG Bun Green Beans Pineapple Milk
PM Snack	Carrot Sticks Crackers Water	Carrot Sticks Crackers Water	Pears Muffins Water	Strawberries Cottage Cheese Water	Peaches Muffins Water

HM ~ Homemade

WG ~ Whole Grain Rich

CN ~ Child Nutrition Labeling

Children one year of age are served Whole Milk

Children ages two and older are served 1% Milk