

Child Development Center

Six-Week Cycle Menu

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Crispix Peaches Milk	Cinnamon Toast Applesauce Milk	Carrot Muffin Banana Milk	English Muffin Cheese & Pear Slices Milk	Corn Chex Cereal Peaches Milk
Bean & Cheese Roll-up Mixed Fruit Tossed Salad Milk	Chicken & Rice Mixed Veggies Fruit Cocktail Milk	Fish Burger & Cheese Lettuce & Tomatos Pears Milk	Beef & Macaroni Peas & Bread Orange Slices Milk	Grilled Cheese Tomato Soup Pear Slices & Veggie Sticks Milk
Bagels & Cream Cheese Fruit & Water	Animal Crackers Juice	Taco Chips/Soft Tortilla Cheese, Salsa & Water	Graham Crackers Applesauce & Water	Fig Newton & Banana Water

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Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Frosted Mini Wheats Peaches Milk	Biscuit w/ Jelly Mandarin Orange Milk	Scrambled Eggs & Cheese Pears & Toast Milk	Yogurt & Granola Bananas Milk	Banana Pancakes Applesauce Milk
Macaroni & Cheese w/ Ham Green Beans Mixed Fruit Milk	Teriyaki Chicken Rice & Tossed Salad Oranges Milk	Tuna Salad Sandwiches Cheese & Cucumber & Lettuce Apple Slices Milk	Beef/Cheese & Rigatoni Broccoli Pears & Bread Milk	Chicken Nuggets & Rice Corn/Carrots Pears/Banana Milk
Goldfish Crackers Pear Slices & Water	Teddy Grahams Grape Juice	Brownies Milk	Jello & Peaches Cottage Cheese & Water	Bagels & Cream Cheese Juice

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Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
English Muffin w/ Cheese Tomato Slices Milk	Kix Fruit Cocktail Milk	Cream of Wheat Peaches Milk	Sweet Bread Toast Banana Chocolate Milk/Milk	French Toast Applesauce Milk
Chicken w/ Broccoli Pasta & Peas Pears & Bread Milk	Fried Rice w/ Ham Peas Orange Slices Milk	Turkey & Cheese Sandwiches Lettuce & Tomatos Apple Slices & Milk	Shephards Pie Mashed Potatos Bread & Corn Milk	Taco Salad (Beef, Lettuce, Tomato, Cheese) Tortilla Chips/Soft Tortilla Orange Slices & Milk
Nilla Wafers & Yogurt Milk	Cornflake Cookies Water	Carrot Sticks w/ Ranch Wheat Thins & Water	Saltine Crackers & Cheese Melon Slices & Water	Cottage Cheese & Peaches Juice

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Week Four

Monday	Tuesday	Wednesday	Thursday	Friday
Special K Fruit Cocktail Milk	Waffles Applesauce Milk	Cereal Fruit Cocktail Milk	Raisin Bread Cream Cheese Banana & Milk	Fried Rice Mixed Fruit Milk
Fish Patty w/ Tartar Sauce Rice & Tossed Salad Bread & Peaches Milk	Meatloaf & Bread Mashed Potatos Mixed Veggies Mixed Fruit & Milk	Sloppy Joes on a Bun Corn Apple Slices Milk	Chicken Strips & Rice Tossed Salad Applesauce Milk	Ham & Cheese Sandwiches Lettuce & Cheese Orange Slices Milk
Veggie Sticks w/ Ranch Wheat Thins & Water	Ritz Crackers Cheese Slices & Milk	Goldfish Crackers Pears & Water	Graham Crackers Yogurt & Water	Oatmeal Raisin Cookies Milk

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Week Five

Monday	Tuesday	Wednesday	Thursday	Friday
Cheerios Peaches Milk	Bagels & Cream Cheese Melon Slices Milk	Sausage Patties Biscuits & Peaches Milk	Cinnamon Toast Orange Juice Milk	Oatmeal Banana Milk
Chicken & Rice Lima Beans Pear Slices Milk	Chicken Nuggets French Fries Steamed Carrots Bread & Milk	Turkey & Cheese Sandwich Lettuce & Tomatos Apple Slices Milk	Chili w/ Rice Corn & Bread Orange Slices Milk	Macaroni & Cheese w/ Ham Green Beans Peaches Bread & Milk
Nilla Waffers Juice	Saltine Crackers & Cheese Apple Slices & Water	Taco Chips/Soft Tortilla Cottage Cheese & Salsa & Water	Wheat Thins/Cheese Nips Pear Slices & Water	Banana Bread Apple Juice

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Week Six

Monday	Tuesday	Wednesday	Thursday	Friday
Corn Flakes Mixed Fruit Milk	Cornbread Muffins Pears Milk	Rice Krispies Cantaloupe Milk	Cinnamon Biscuit Applesauce Milk	Cheese Toast Banana Milk
Tuna Cassarole Peas & Bread Apple Slices Milk	Chicken Sandwich Lettuce & Tomatos Orange Slices Milk	Ham Sandwich Lettuce & Tomatos Apple Slices Milk	Kalua Pork Cabbage & Rice Peaches & Bread Milk	Spaghetti W/ Meat Sauce Tossed Salad & Pears French Bread Milk
Orange Slices Cheese Nips & Water	Yogurt w/ Nilla Wafers Juice	Veggie Sticks w/ Ranch Ritz Crackers & Water	Raisin Bread Cream Cheese & Juice	Chic'n'Biscuit Crackers Apple Slices & Water

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