

GOOD BEGINNINGS DAY NURSERY - SUMMER MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Dry Cereal Fruit	Toast Cheese Fruit	Smoothie Kashi Cereal	Cereal with Milk Fruit	Oatmeal Apples
BEVERAGE SERVED:	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LUNCH					
MEAT / ALTERNATIVE	Pizza Vegetarian or Ham Cheese	Wowie Maui Chicken	Egg Salad Sandwiches	Fish Stroganoff	Beef Burger
GRAIN / BREAD / CEREAL	Whole Wheat Crust or English Muffin	Brown Rice	Bread	Whole Wheat Noodles	Whole Wheat Bun
VEGETABLE RAW AND/OR HOT	Carrots/Celery Cucumbers	Spinach Salad	Bean Salad	Green Beans	Raw Vegetables Shredded Carrot/Zucchini in Burgers
FRUIT OR OCCASIONAL OTHER	Fresh Fruit	Fresh Fruit	Fruit	Fresh Fruit	Pudding
BEVERAGE SERVED:	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
AFTERNOON SNACK					
AFTERNOON SNACK	Eggs Fresh Fruit	Carrots/Peppers Crackers	Cookie Fresh Fruit	Cheese & Bread Fruit	Raw Vegetables Pretzels
BEVERAGE SERVED:	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Infant Changes			Cheerios		
A.M. SNACK					
LUNCH		Green Beans			
P.M. SNACK					Crackers
FRUIT: (In Season)		MILK: 2 Servings/Day		CEREAL:	BUNS/BREAD:
•Banana, Apples, Grapes, Mango, Melons, Pear, Oranges, Berries, Nectarines, Peaches, Plums		•2% for Preschoolers •Homogenized for Infants/Toddlers		•Shreddies, Multi-Grain Cheerios, Corn Flakes, Rice Krispies, Life, Chex, Corn Bran	•Whole Wheat •Cracked Wheat •Pumpnickel •Pita/Naan •Rye
VEGETABLE: (In Season)					
•Peppers, Carrots, Cucumber, Celery, Tomato, Broccoli, Cauliflower, Snap Peas, Beans					

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Fruit Arrowroots	Dry Cereal Yogurt	Baked Oatmeal Fruit	Crackers Fruit	Bagels/Cream Cheese Fruit
BEVERAGE SERVED	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LUNCH					
MEAT / ALTERNATIVE	Chicken Salad Sandwich	Vegetarian Sloppy Joes (Lentils/Beans)	Tuna Melts	Spaghetti With Meat Sauce	Chicken Stir Fry
GRAIN / BREAD / CEREAL	Bread	Bun	Whole Wheat English Muffin/Bun	Whole Wheat Pasta	Brown Rice
VEGETABLE RAW AND/OR HOT	Raw Vegetables	Carrots/Pumpkin (In Sloppy Joe)	Cucumber/Tomato/ Peppers	Caesar Salad	Oriental Vegetables
FRUIT OR OCCASIONAL OTHER	Fresh Fruit	Fresh Fruit	Fresh Fruit	Ice Cream Cone	Fresh Fruit
BEVERAGE SERVED:	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
AFTERNOON SNACK					
AFTERNOON SNACK	Vegetables with Dip Pita Bread	Cream Cheese and Vegetable Wraps Fruit	Popcorn Fresh Fruit	Raw Vegetables Eggs	Fruit Bread Fruit
BEVERAGE SERVED:	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Infant Changes					
A.M. SNACK					
LUNCH					
P.M. SNACK			Crackers		
FRUIT: (In Season)					
•Bananas, Apples, Grapes, Mangos, Canteloupes, Oranges, Pears, Nectarines, Mandarin Oranges		DIPS:		MILK: 2 Servings/Day	
VEGETABLE: (In Season)		•Hummus •Roasted Red Pepper •Spinach		•2% for Preschoolers •Homogenized for Infants/Toddlers	
•Peppers, Carrots, Cucumber, Celery, Tomato, Broccoli, Cauliflower, Snap Peas, Beans				CEREAL:	
				•Shreddies, Multi-Grain Cheerios, Corn Flakes, Rice Krispies, Life, Chex, Corn Bran	
				BUNS/BREAD:	
				•Whole Wheat •Cracked Wheat •Pumpnickel •Pita/Naan •Rye	

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Mandarin Oranges Graham Crackers	Toasted Raisin Bread Cheese Fruit	Smoothie (Yogurt/Fruit) Crackers	Fruit Toasted Rye Bread	Cereal With Milk Fresh Fruit
BEVERAGE SERVED:	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LUNCH					
MEAT / ALTERNATIVE	Tuna Salad Sandwich	Scrambled Eggs	Teriyaki Burger	Mexican Rice Casserole (Kidney Beans)	Fish
GRAIN / BREAD / CEREAL	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bun	Brown Rice	Couscous
VEGETABLE RAW AND/OR HOT	Raw Vegetables	Vegetable Salad	Quinoa Salad	Raw Vegetables	Cooked Carrots
FRUIT OR OCCASIONAL OTHER	Fresh Fruit	Fresh Fruit	Applesauce	Pudding	Fresh Fruit
BEVERAGE SERVED:	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
AFTERNOON SNACK					
AFTERNOON SNACK	Dry Cereal Fresh Fruit	Fresh Fruit Tortilla Chips	Celery/Cucumbers Naan Bread	Cheese Crackers Fruit	Raw Veggies Pumpnickel Bread
BEVERAGE SERVED:	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Infant Changes					
A.M. SNACK					
LUNCH					
P.M. SNACK		Pita Bread			
FRUIT: (In Season)				MILK: 2 Servings/Day	CEREAL:
•Bananas, Apples, Grapes, Mangos, Canteloupes, Oranges, Pears, Nectarines, Mandarin Oranges				•2% for Preschoolers •Homogenized for Infants/Toddlers	•Shreddies, Multi-Grain Cheerios, Corn Flakes, Rice Krispies, Life, Chex, Corn Bran
VEGETABLE: (In Season)					
•Peppers, Carrots, Cucumber, Celery, Tomato, Broccoli, Cauliflower, Snap Peas, Beans					•Whole Wheat •Cracked Wheat •Pumpnickel •Pita/Naan •Rye

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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Dry Cereal Fresh Fruit	Waffles Fruit	Oatmeal Peaches	Muffins Fruit	Toast Cheese Fruit
BEVERAGE SERVED	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LUNCH					
MEAT / ALTERNATIVE	Salmon Sandwich	Southwest Chicken & Rice	Falafel Tzatziki	Lasagna Casserole (Ground Beef)	Chicken Tikka Masala
GRAIN / BREAD / CEREAL	Whole Wheat Bread	Brown Rice	Pita	Whole Wheat Noodles	Brown Rice
VEGETABLE RAW AND/OR HOT	Chic Pea Salad	Peas	Raw Vegetables Couscous Salad with Tomato/Cucumber	Spinach Salad	Spinach In The Masala
FRUIT OR OCCASIONAL OTHER	Fruit	Fresh Fruit	Ice Cream Cones	Fresh Fruit	Fruit Cocktail
BEVERAGE SERVED:	Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
AFTERNOON SNACK	Raw Vegetables Pita	Egg Salad Wrap Vegetables	Pretzels Fresh Fruit	Raisin Bread Raw Vegetables	Crackers Fresh Fruit
BEVERAGE SERVED:	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Infant Changes					
A.M. SNACK					
LUNCH				Cooked Green Beans	
P.M. SNACK			Arrowroots		
FRUIT: (In Season)				MILK: 2 Servings/Day	CEREAL:
•Bananas, Apples, Grapes, Mangos, Canteloupes, Oranges, Pears, Nectarines, Mandarin Oranges				•2% for Preschoolers •Homogenized for Infants/Toddlers	•Shreddies, Multi-Grain Cheerios, Corn Flakes, Rice Krispies, Life, Chex, Corn Bran
VEGETABLE: (In Season)					
•Peppers, Carrots, Cucumber, Celery, Tomato, Broccoli, Cauliflower, Snap Peas, Beans					•Whole Wheat •Cracked Wheat •Pumpnickel •Pita/Naan •Rye