

THE RED APPLE

CHILD CARE CENTER & PRESCHOOL

Revised 01/21
by Iowa State Guidelines

MENU

*WG=Whole Grain

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack 8:30am	Yogurt Animal Crackers Water	Pancake Milk	Bananas Graham Cracker Water	French Toast Sticks Milk	Kix Cereal 100% Fruit Juice
LUNCH 11:30am- 12noon	*WG Taco Bake w/Ground Beef Corn Pineapple Milk	Scalloped Potatoes w/Ham *WG Bread Peaches Milk	Turkey & Cheese Sliders Green Beans Pears Milk	BBQ Chicken Pizza Mixed Veggies Applesauce Milk	*WG Mac & Cheese Little Smokies Broccoli Fruit Cocktail Milk
PM Snack 3:00pm	Goldfish Crackers 100% Fruit Juice	HM Trail Mix 100% Fruit Juice	*WG Belvita Crackers 100% Fruit Juice	Carrots w/ Ranch *WG Crackers Water	String Cheese Pretzels Water

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack 8:30am	Waffle 100% Fruit Juice	Yogurt Graham Cracker Water	*WG Belvita Crackers Milk	Pancake Milk	Cinnamon Chex Milk
LUNCH 11:30am- 12noon	Spaghetti w/Meat Sauce Green Beans Bananas Milk	Ham & Cheese on *WG Bread Broccoli Mandarin Oranges Milk	Meatballs Mashed Potatoes *WG Bread Fruit Cocktail Milk	Chicken & Noodles Corn Peaches Milk	Pepperoni Pizza Mixed Veggies Applesauce Milk
PM Snack 3:00pm	Cucumbers w/Ranch *WG Crackers Water	*WG Applesauce Oat Bread Milk	Banana Pudding Milk	*WG Rice Cake 100% Juice	*WG Sun Chips 100% Fruit Juice

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack 8:30am	French Toast Sticks Milk	Yogurt Animal Crackers Water	Bananas Graham Crackers Water	Chex Cereal Milk	Pancake Milk
LUNCH 11:30am- 12noon	Chicken Nuggets Tossed Salad w/ Ranch *WG Bread Pineapple Milk	*WG Pasta Bake w/Ground Beef Green Beans Mandarin Oranges Milk	Turkey & Cheese Sliders Corn Pears Milk	Scalloped Potatoes w/ Ham *WG Bread Applesauce Milk	Hot Dog on a Bun Fruit Cocktail Baked Beans Milk
PM Snack 3:00pm	Cheese Crackers 100% Fruit Juice	Jello Mixed Fruit Milk	*WG Belvita 100% Fruit Juice	Carrots w/Ranch Crackers Water	*WG Blueberry Oat Bread Milk

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack 8:30am	Kix Cereal Milk	Waffle Milk	*WG Belvita Milk	Yogurt Animal Crackers Water	French Toast Sticks Milk
LUNCH 11:30am- 12noon	BBQ Meatballs *WG Bread Green Beans Banana Milk	Chicken & Noodles Corn Peaches Milk	Chicken Patty a Bun Mashed Potatoes Pears Milk	Cheese Burger Sliders Mixed Veggies Apple Sauce Milk	Pizza Broccoli Fruit Cocktail Milk
PM Snack 3:00pm	String Cheese Pretzels Water	Cucumbers w/ Ranch *WG Crackers Water	Chex Trail Mix 100% Fruit Juice	*WG Rice Cake Milk	*WG Sun Chips 100% Fruit Juice

Food Groups Served: Lunch=5 Snacks=2 Milk: 12-23mo/Whole, 24mo-5yrs/2%
Birthday treats can brought from home. Please discuss with your Teacher.

Menu subject to change without notice.