

Rainbow Angels Family Child Care Menu Sample

Meal Week 1&3	MONDAY	TUESDAY	WEDNESDAY	THURDADY	FRIDAY
Breakfast	Whole grain Biscuit Diced Banana 1% Low Fat Milk	Cornflakes Cereal Sliced Strawberries 1% Low Fat Milk	Whole Grain Bagel With Cheese Blueberries 1% Low Fat Milk	Whole Grain Oatmeal Diced Pears 1% Low Fat Milk	Whole Grain Pancake Baked Roasted Potato 1% Low Fat Milk
For Ages 1 -5					

Lunch	Turkey Sandwiches Mashed Potatoes Sliced Peaches 1% Low Fat Milk	Chicken Stew Bowl of rice Steamed Mixed Vegetable Diced Mango 1% Low Fat Milk	Whole Grain Pasta In meat sauce Fresh Zucchini Sliced Apple 1% Low Fat Milk	Tuna Sandwich on Flour Tortilla Steamed Green Peas Sliced Strawberries 1% Low Fat Milk	Mac and Cheese Steamed Broccoli Sliced Pineapple 1% Low Fat Milk
For Ages 1 -5					

Afternoon Snack	Fresh Celery & Carrot Sticks with Dip Strawberry Yogurt	Whole Grain Cracker Sliced Cheese 100% Apple Juice	Animal Crackers 1% Low Fat Milk	Whole Grain Biscuits with Almonds & Jelly 100% Grape Juice	Whole Grain Pita Bread with Butter & Jelly 1% Low Fat Milk
For Ages 1-5					

Note: All of our meat, Drinks, Vegetables and Fruits are organic.

Menu for each week will be provided and will be given to the parents a week in advance

Parents can bring their own child foods if they have special preferences or specific dietary requirements

Depending on the season for Fruits and Vegetables availability our menu, might change.

Meal Week 2 & 4	MONDAY	TUESDAY	WEDNESDAY	THURDADY	FRIDAY
Breakfast	Gluten free Crispy Rice Cereal Diced Fruits 1% Low Fat Milk	Whole Grain French Toast Sticks Sliced Banana 1% Low Fat Milk	English Muffin With Sun Butter BluEberries 1% Low Fat Milk	Kix Cereal sliced Pineapple 1% Low Fat Milk	Whole Grain Toasty O'S Cereal Chilled Fruit Cocktail 1% Low Fat Milk
For Ages 1-5					

Lunch	Baked Fish Mashed Potatoes Sliced Strawberries 1% Low Fat Milk	Chicken Kebob/ Beef Kabob, Bowl of rice Green beans and Steamed Carrots Sliced apple 1% Low Fat Milk	Egg Noodle Soup Spinach and Yogurt, Toast Sliced pears 1% Low Fat Milk	Spaghetti and Meatballs Steamed Green vegetables Sliced Mango 1% Low Fat Milk	Home Made Pizza Steamed cauliflower Sliced watermelon 1% Low Fat Milk
For Ages 1-5					

Afternoon Snack	Low Fat Cottage Cheese Chilled Diced Pears 100% Apple Juice	Whole Grain Cracker Cottage Cheese 1% Low Fat Milk	Fruit Yogurt With Crushed Cereal 100% Grape Juice	Carrot Sticks, Cucumber sticks with Hummus 1% Low Fat Milk	Diced Peaches With Cinnamon Maple Sprinkle 100% Apple Juice
For Ages 1-5					

Note: All of our meat, Drinks, Vegetables and Fruits are organic.

Menu for each week will be provided and will be given to the parents a week in advance.

Parents can bring their own child foods if they have special preferences or specific dietary requirements.

Depending on the season for fruits and vegetables availability, our menu might change.