



CATERING SOLUTIONS LLC ADULT DAYCARE BREAKFAST, LUNCH & SNACK MENU – DEC

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	2	3	4	5	6
BREAKFAST MEAL	Scrambled Eggs (2 each) ½ c Sliced Pears + Milk	Malt O Meal + WG Slc Toast ½ c Sliced Oranges + Milk	WG Egg Sandwich ½ c Sliced Apples + Milk	WG Cornbread w/Syrup (4 oz) 1 Banana + Yogurt (6 oz)	Chicken Pattie Biscuit ½ c Red Grapes + Milk
Lunch MMA	Meatloaf w/Cheese ½ c Mashed Pots, ½ c Peaches WG Dinner Roll (2 oz)	WG Chicken Burrito ½ c Wedge Fries, 1 Apple WG Tortilla (2 oz)	Tex Mex Bowl (8 oz) ½ c Carrot Salad, 1 Banana WG Brn Rice 8 oz	Turkey Pinwheels (1 ea) ½ c Green Beans, 1 Pear WG Tortilla (2 oz)	BBQ Chicken Leg (5.15 oz) Red Beans and Rice, ½ c Grapes (WG Rice (8 oz))
Veg, Fruit & Grain					
Snack	WG Gram Crackers Skim/1% of FF Flav	WG Pretzels Skim/1% of FF Flav	WG Cheez Its Skim/1% of FF Flav	WG Sun Chips Skim/1% of FF Flav	WG Animal Crackers Skim/1% of FF Flav
Week 2	9	10	11	12	13
BREAKFAST MEAL	WG Chocolate Muffin 1 Banana + Yogurt (6 oz)	Chicken Sausage Croissant ½ c Pineapples + Milk	WG Banana Muffin ½ c Blueberries + Yogurt (6 oz)	Buttered Biscuit w/ App Butter 1 Banana + Milk	WG Blueberry Muffin ½ c Peaches + Yogurt (6 oz)
Lunch MMA	Taco Salad Wrap (1 ea) ½ c Broccoli Salad, 1 Banana WG Tortilla (2 oz)	Turkey P ot Pie (2/3 c or 5.3 oz) ½ c Peas, ½ c Peaches WG Biscuit in Potpie (1 ea)	Beef Gyro (1 ea) ½ c Asparagus, ½ c Applesauce WG Pita (2 oz)	Chili Cheese (over) ½ c Mash Pots, ½ c Straw/Ban WG Dinner Roll (2 oz)	WG Cheese Pizza (1 Slice) ½ c Sweet Pots, ½ c Apples Grain in Crust (2 oz)
Veg, Fruit & Grain					
Snack	WG Blueberry Lem Crisps Skim/1% of FF Flav	WG Simply Chex (1 oz) Skim/1% of FF Flav	WG Granola Bites (1 oz) Skim/1% of FF Flav	WG Sun Chips (1 oz) Skim/1% of FF Flav	WG App Cinn Loaf (1 oz) Skim/1% of FF Flav
Week 3	16	17	16	19	20
BREAKFAST MEAL	Boiled Eggs (2 ea) ¼ c Orange Craisins + Milk	Strawberry Waf Peach Parfait ½ c Apple Slices + Milk	App Cinn Bagel w/Rasp Jelly 1 Banana + Milk	WG Bagel w/Crm Chs (2 oz) 1 Banana + Milk	WG Oat Raisin Granola (4 oz) 1 orange + Milk
Lunch MMA	Chicken Curry 3 oz) ½ c Gr Beans, ½ c Watermelon WG Brown Rice Pilaf (8 oz)	Turkey and Noodles (8 oz) (½ c Stir Fry Veg), ½ c Fruit Salad WG Noodles + Roll (2 oz)	Beef Lo Mein (10 oz) ½ c Crm Spinach, ½ c Pears WG Hoagie (2 oz)	Hawaiian Chicken Wrap (1 ea) 1 c Black Beans, ½ c Bl.berries WG Tortilla (2 oz)	Banana Split Parfait ½ c Waff Fries, (½ c Fruit in Par) WG in Granola (2 oz)
Veg, Fruit & Grain					
Snack	WG Gram Crackers Skim/1% of FF Flav	WG Pretzels Skim/1% of FF Flav	WG Cheez Its Skim/1% of FF Flav	WG Sun Chips Skim/1% of FF Flav	WG Animal Crackers Skim/1% of FF Flav
Week 4	23	24	25	26	27
BREAKFAST MEAL	WG Bagel w/Crm Chs (2 oz) 1 Banana + Yogurt	Berry French Toast (2.64 oz) 1 Apple + Milk	WG Apple Bites (2 oz) 1 Orange + Yogurt	French Toast Bites (3 oz) ½ c Cantelope + Milk	Egg & Chs Sandwich ½ c Raisins + Milk
Lunch MMA	Chicken Ceasar Salad ½ c Potato Salad, 1 Apple WG Breadsticks (2 ea)	Baked Zitti (6 oz) ½ c Cole Slaw, ½ c Pineapples WG Noods + WG Roll (2 oz)	Chicken Slider w/Honey (1 ea) ½ c Brus Sprouts, ½ Pears WG Hamburger Bun	Beef Stew (8 oz) ½ c Cucumbers, 1 Banana WG Wrap (2 oz)	Baked Leg Quarters ½ c Collard Greens, ½ c Kiwi Broccoli Chs Rice Cas (8 oz)
Veg, Fruit & Grain					
Snack	WG Blueberry Lem Crisps Skim/1% of FF Flav	WG Simply Chex (1 oz) Skim/1% of FF Flav	WG Granola Bites (1 oz) Skim/1% of FF Flav	WG Sun Chips (1 oz) Skim/1% of FF Flav	WG App Cinn Loaf (1 oz) Skim/1% of FF Flav
Week 5	30	31	 		
BREAKFAST MEAL	WG Oat Raisin Granola (1.5 c) 1 Orange + Milk	Malt O Meal + WG Slc Toast ½ c Black Grapes + Milk			
Lunch MMA	Chicken Teriyaki ½ c Baked Beans, ½ c Apples Fried Brown Rice (6 oz)	BBQ Beef Rib (3.25 oz) ½ c Broccoli Slaw, ½ c Pears WG Hoagie (2 oz)			
Veg, Fruit & Grain					
Snack	WG Sun Chips (1 oz) Skim/1% of FF Flav	WG Pretzels Skim/1% of FF Flav			

No pork/pork by products, fish or nuts, served. Seed oils have been minimized on this menu. Breakfast & lunch meals include skim, 1% milk or FF Flavored Milk or Yogurt.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

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