

# EAGLE'S NEST CHILDREN'S CENTER MONTHLY MENU

**Cycle 1: For the Week 1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Milk ½ Banana Corn Flakes	Milk Apple Wedges Muffin	Milk Fruit Cocktail Wheat Bagel w/ Cream Cheese	Milk Pineapple Chunks Cheese Wheat Toast	Milk Strawberries Rice Krispies Cereal
<b>LUNCH</b>	Milk Beef Ravioli Wheat Ritz Crackers Sweet Peas Sliced Peaches	Milk Chicken Tenders Wheat Roll Green Beans Orange Slices	Milk Meat Loaf Cornbread Cabbage Mashed Potatoes	Milk Fish Fillet Patty Wheat Bun Oven-Baked Fries Apple Wedges	Milk Cheese Pizza Corn Mixed Greens w/ Dressing
<b>P.M. SNACK</b>	Apple Juice Wheat Crackers	Orange Juice Pretzels	Grape Juice Vanilla Wafers	Mixed fruit juice Gold Fish	Water Fresh Fruit Salad Graham Crackers

**Cycle 2: For the Week 2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Milk Mandarin Oranges Nutrigrain Bars	Milk Golden Grahams Apricots	Milk Sausage Biscuit Cantaloupe	Milk Oatmeal Applesauce	Milk Honey Nut Cheerios Pears
<b>LUNCH</b>	Milk Chicken Pot Pie Wheat Roll Green Beans Mixed Fresh Fruit	Milk Fish Sticks Macaroni & Cheese Peas & Carrots Orange Slices	Milk Sloppy Joe Sandwich Oven-Baked Sweet Potato Fries Pineapple Chunks	Milk Stew Beef Rice Blackeyed Peas Sliced Peaches	Milk Turkey Sandwich Steamed Carrots Strawberries
<b>P.M. SNACK</b>	Cranberry Juice Cheese & Crackers	Grapefruit Juice Granola Bar	Water Fresh Fruit Salad Wheat Crackers	Watermelon Animal Crackers	Orange Juice Teddy Grahams

**Cycle 3: For the Week of 3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Milk Pancakes Cantaloupe	Milk Grits Eggs Peaches	Milk French Toast Sticks Strawberries	Milk English Muffin w/ Jelly Mandarin Oranges	Milk Cheerios Fruit Cocktail
<b>LUNCH</b>	Milk Pepperoni Pizza Corn on the Cob Honey Dew Melon	Milk Chicken Breast Patty Wheat Bun Tater Tots Apple Wedges	Milk Spaghetti w/ Meat Sauce Bread Sticks Corn Mixed Fresh Fruit	Milk Chicken Nuggets Oven Baked French Fries Cantaloupe Wheat Roll	Milk Ham & Cheese Sandwich Green Beans Pears
<b>P.M. SNACK</b>	Apple Juice Wheat Crackers	Orange Juice Pretzels	Grape Juice Vanilla Wafers	Mixed Fruit Juice Gold Fish	Water Fresh Fruit Salad Graham Crackers

**Cycle 4: For the Week 4**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Milk Wheat Toast w/ Jelly Pineapple Chunks	Milk Waffles Apricots	Milk Biscuits w/ Jelly Apple Wedges	Milk Cream of Wheat Orange Halves	Milk Corn Flakes Strawberries
<b>LUNCH</b>	Milk Cheeseburger Green Beans Banana Halves	Milk BBQ Chicken Yellow Rice Sweet Peas Pears	Milk Beef Lasagna Garlic Bread Mixed Greens w/ Dressing Mandarin Oranges	Milk Turkey Tetrazzini Wheat Roll Green Beans Mixed Fruit	Milk Cheese Burrito Sweet Potato Fries Jell-o w/ Fruit Cocktail
<b>P.M. SNACK</b>	Cranberry Juice Cheese & Crackers	Grapefruit Juice Granola Bar	Water Fresh Fruit Salad Wheat Crackers	Apple Juice Animal Crackers	Orange Juice Teddy Grahams

*\*Menu subject to change based on delivery.*

*\* Children under 2 must be served whole milk.*

*\*Water will be offered to children throughout the day.*

