




# By the Rainbow

- DAYCARE -

## Weekly Menu

Balanced Meals Following CACFP Guidelines

Monday	Tuesday	Tuesday	Wednesday	Thursday	Friday
 <b>Breakfast</b>	Cereal, Milk, Strawberries	Yogurt, Granola, Blueberries	Spaghetti, Brown Rice, Peas & Carrots, Milk	Cereal, Milk, Banana	Homemade Mac and Cheese with Ground Turkey, Broccoli, Apple, Milk
<b>Tuesday</b>	Turkey Ham, Eggs, Whole Wheat Bread, Butter, Milk, Apple	Cheese Cubes, Crackers	Spaghetti with Ground Beef, Carrots, Milk	Greek Yogurt, Granola, Fruit	
<b>Wednesday</b>	Pancakes, Banana, Strawberries, Milk	Applesauce, Crackers, Milk	Turkey, Brown Rice, Broccoli, Milk	Cottage Cheese Fruit, Crackers	Beef, Rice, Peas & Carrots, Milk
<b>Thursday</b>	Cereal, Milk, Banana	Turkey Ham, Crackers	Chicken, Pasta, Mixed Veggies, Apple, Milk	Greek Yogurt, Granola, Blueberries	Beef, Rice, Peas & Carrots, Milk
<b>Friday</b>	French Toast, Strawberries, Milk	Yogurt, Fruit, Crackers	Fish, Brown, Rice, Broccoli, Banana, Milk	Applesauce, Crackers, Milk	Homemade Mac and Cheese with Ground, Turkey, Apple, Milk



 Breakfast
 
 AM Snack
 


 Dinner

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