

Loving Arms Child Care Center
MENU IS SUBJECT TO CHANGE *USDA is an Equal Opportunity Program and Employer.

Menu for the Week of August 31-September 4, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Burritos (WW) Unsweetened Applesauce	Waffles Peaches	Sausage Links Biscuit Pears	Cinnamon Sugar English Muffin (WW) Banana
Lunch	Refried Bean & Cheese Burrito (WW) Corn Fruit	Toasted Ham and Cheese Sandwich (WW) Carrots Fruit	Meatballs with Gravy Mashed Potatoes Bread (WW) Green Beans Fruit	Macaroni (WW) & Cheese with Diced Ham Peas Mixed Fruit	Chicken Nuggets (WW) Tator Tots Fresh Carrots Apple Slices
Snack	Mozzarella String Cheese Wheat Cracker (WW)	Low-fat Cottage Cheese Fruit	Pretzels Fresh Vegetables and Ranch	Seedless Grapes Rice Cakes	Ritz Crackers (WW) Milk

Menu for the Week of September 7-11, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Multigrain Cereal Mandarin Oranges	Pancakes Peaches	Meat and Cheese Croissant Hashbrown Pears	Oatmeal with Raisins Banana
Lunch	No School in Observance of Labor Day	Pigs in a Blanket Baked Beans Corn Fruit	Meat & Cheese Taco (WW) Vegetable Banana	Chicken Stir Fry with Vegetables Rice Mixed Fruit	Fish Stars (WW) Baked French Fries Fresh Carrots Fruit
Snack		Fruit Crackers (WW)	Low-fat Yogurt Graham Crackers (WW)	Bread (WW) Cheese Slice	Multigrain Cereal Milk

Notes: A-Vitamin A minimum 2X week; C-Vitamin C daily; I-Iron daily; Y-food modification for Infant Room; WW-Whole Wheat daily

Milk is served at all meals. Whole Milk for Green Room. 1% Milk for Blue, Purple, and Teal.

Menu for the Week of September 14-18, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Egg Sandwich Fruit	French Toast Sticks Peaches	Biscuits and Gravy Pears	Muffin Banana
Lunch	Meat and Bean Nachos Vegetables Fruit	Cheese Ravioli with Meat Sauce Romaine & Spinach Salad Bread (WW) Fruit	Breakfast for Lunch! Scrambled Eggs Sausage Links Toast (WW) Tator Tots Orange Juice	Meat and Cheese Pizza (WW) Mixed Vegetables Mixed Fruit	Chicken Pattie on a Bun (WW) Mozzarella Cheese Stick Fresh Carrots Fruit
Snack	Graham Cracker (WW) Unsweetened Applesauce	Trail Mix Fresh Vegetables	Cracker (WW) Fruit	Multigrain Cereal Milk	Apple Slices Sun Butter

Menu for the Week of September 21-25, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Burritos (WW) Unsweetened Applesauce	Waffles Peaches	Breakfast Bites Pears	Cinnamon Sugar English Muffin (WW) Banana
Lunch	Tuna Noodle Casserole Cooked Carrots Bread Pears	Cheeseburger on a Bun (WW) Baked French Fries Fruit	Lasagna with Meat Sauce Romaine and Spinach Salad Breadstick (WW) Pineapple	Baked Chicken Wild Rice Peas Bread (WW) Mixed Fruit	Turkey Corn Dog Fresh Carrots Apple Slices
Snack	Saltines (WW) Cheese Slices	Soft Pretzel Cheese	Tortilla (WW) Vegetables w/Ranch	Low-fat Yogurt Animal Crackers	Bagels with Cream Cheese Milk

Notes: A-Vitamin A minimum 2X week; C-Vitamin C daily; I-Iron daily; Y-food modification for Infant Room; WW-Whole Wheat daily

Milk is served at all meals. Whole Milk for Green Room. 1% Milk for Blue, Purple, and Teal.

Menu for the Week of September 28-October 2, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Pizza Unsweetened Applesauce	Pancakes Peaches	Sausage Link Biscuit Pears	Oatmeal with Raisins Banana
Lunch	Potatoes AuGratin Ham Cooked Broccoli Dinner Roll (WW) Fruit	Chicken Noodle Casserole Bread (WW) Peas Oranges	Chicken Strips Mashed Potatoes Bread (WW) Green Beans Fruit	Spaghetti (WW) with Meat Sauce Corn Breadstick (WW) Mixed Fruit	Submarine Sandwiches Grapes Fresh Carrots
Snack	Muffin Milk	Fresh Vegetables with Ranch Cheese Crackers	Low-fat Cottage Cheese Pineapple	Mozzarella Cheese Stick Fruit	Crackers (WW) Milk

Menu for the Week of October 5-9, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Breakfast Sandwich Orange Juice	French Toast Sticks (WW) Peaches	Meat and Cheese Croissant Hashbrown Pears	Muffin Banana
Lunch	Beanie Weanies Sweet Potato Fries Bread (WW) Banana	Taco Spaghetti with Beef (WW) Green Beans Fruit	BBQ Chicken Mashed Potatoes Peas Bread (WW) Fruit	Chicken Kabobs Rice Vegetables Mixed Fruit	Ham and Cheese Wraps (WW) Fresh Carrots Apple Slices
Snack	Low-fat Cottage Cheese Fruit	Soft Pretzel w/Cheese Sauce	Spinach Dip with Bread and Fresh Vegetables	Graham Crackers (WW) Milk	Rice Cakes Fruit

Notes: A-Vitamin A minimum 2X week; C-Vitamin C daily; I-Iron daily; Y-food modification for Infant Room; WW-Whole Wheat daily

Milk is served at all meals. Whole Milk for Green Room. 1% Milk for Blue, Purple, and Teal.

Menu for the Week of October 12-16, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Burritos (WW) Unsweetened Applesauce	Waffles Peaches	Biscuits and Gravy Pears	Cinnamon Sugar English Muffin (WW) Banana
Lunch	Toasted Cheese Sandwich (WW) Chicken Noodle Soup Cooked Carrots Pears	Beef a Roni Green Beans Bread (WW) Banana	Tator Tot Casserole Peas Dinner Roll (WW) Pineapple	Chili with Beef Vegetable Corn Bread Muffin Mixed Fruit	Tuna Sandwich on a Bun (WW) Fresh Carrots Mozzarella Cheese Stick Apple Slices
Snack	Hummus Pretzels	Low-fat Yogurt Graham Cracker (WW)	Fresh Vegetables w/Ranch 1/2 Pita (WW)	Whole Wheat Bread (WW) Cheese Slice	Muffin Milk

Menu for the Week of October 19-23, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Pizza Unsweetened Applesauce	Pancakes Peaches	Breakfast Bites Pears	Oatmeal with Raisins Banana
Lunch	Meat and Cheese Enchilada (WW) Spanish Rice Pineapple Corn	Shake and Bake Chicken Wild Rice Green Beans Peaches	Beef a Roni Romaine & Spinach Salad Bread (WW) Unsweetened Applesauce	Shepherds Pie Mashed Potatoes Dinner Roll (WW) Mixed Fruit	Turkey Corn Dog Fresh Carrots Apple Slices
Snack	Goldfish Crackers Milk	Ham Sandwich (WW)	Tortilla Vegetable Roll-Up (WW)	Cinnamon Sugar Breadstick (WW) Milk	Crackers (WW) w/Sun Butter

Notes: A-Vitamin A minimum 2X week; C-Vitamin C daily; I-Iron daily; Y-food modification for Infant Room; WW-Whole Wheat daily

Milk is served at all meals. Whole Milk for Green Room. 1% Milk for Blue, Purple, and Teal.

Menu for the Week of October 26-30, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Burritos (WW) Unsweetened Applesauce	Waffles Peaches	Sausage Links Biscuit Pears	Cinnamon Sugar English Muffin (WW) Banana
Lunch	Refried Bean & Cheese Burrito (WW) Corn Fruit	Toasted Ham and Cheese Sandwich (WW) Carrots Fruit	Meatballs with Gravy Mashed Potatoes Bread (WW) Green Beans Fruit	Macaroni (WW) & Cheese with Diced Ham Peas Mixed Fruit	Chicken Nuggets (WW) Tator Tots Fresh Carrots Apple Slices
Snack	Mozzarella String Cheese Wheat Cracker (WW)	Low-fat Cottage Cheese Pineapple	Pretzels Fresh Vegetables and Ranch	Seedless Grapes Rice Cakes	Ritz Crackers (WW) Milk

Notes: A-Vitamin A minimum 2X week; C-Vitamin C daily; I-Iron daily; Y-food modification for Infant Room; WW-Whole Wheat daily

Milk is served at all meals. Whole Milk for Green Room. 1% Milk for Blue, Purple, and Teal.