

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

Menu for the Week of November 1-5, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Pizza Unsweetened Applesauce	Pancakes (WW) Peaches	Biscuits and Gravy Pears	Cook's Choice Fruit Grain
Lunch	Meat and Cheese Pasta Cooked Carrots Bread (WW) Fruit	Pigs in a Blanket Baked Beans Corn Pineapple	Meat & Cheese Taco (WW) Vegetable Banana	Chicken on a Stick with Stir Fry Vegetables Rice Mixed Fruit	Cook's Choice Protein Vegetable Fruit Grain
Snack	Cheese Queso Tortilla Chips	Fruit Crackers (WW)	Multigrain Cereal Milk	Bread (WW) Cheese Slice	Cook's Choice Fruit/Vegetable Grain/Protein (WW)

Menu for the Week of November 8-12, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Egg Sandwich Unsweetened Applesauce	French Toast Sticks (WW) Peaches	Breakfast Bites Pears	Muffin Yogurt Banana
Lunch	Meat and Cheese Quesadilla (WW) Corn Fruit	Cheese Ravioli with Meat Sauce Romaine & Spinach Salad Bread (WW) Pineapple	Breakfast for Lunch! Scrambled Eggs Sausage Links Toast (WW) Hashbrown Orange Juice	BBQ Chicken Sandwich (WW) Vegetable Mixed Fruit	Ham and Cheese Wraps (WW) Fresh Carrots Fruit
Snack	Graham Cracker Unsweetened Applesauce	Trail Mix Fresh Vegetables	Multigrain Cereal Milk	Cracker (WW) V-Blend	Apple Slices 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 November 15-19, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Burritos (WW) Unsweetened Applesauce	Waffles (WW) Peaches	Sausage Links Biscuit Pears	Cinnamon Sugar English Muffin Banana
Lunch	Chicken Alfredo Cooked Carrots Bread (WW) Pears	Cheeseburger on a Bun (WW) Baked French Fries Fruit	Thanksgiving Feast Ham & Cheesy Potatoes Green Beans Stuffing Bread Fruit	Thanksgiving Feast Turkey & Mashed Potatoes Corn Stuffing Bread Fruit	Chicken Patty on a Bun (WW) Fresh Carrots Fruit
Snack	Saltines Cheese Slices	Soft Pretzel Cheese	Tortilla (WW) Mozzarella Cheese Stick	Low-fat Yogurt Animal Crackers	Bagels with Cream Cheese Milk

Menu for the Week of November 22-26, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Pizza Unsweetened Applesauce	Cook's Choice Fruit Grain		
Lunch	Potatoes AuGratin Ham Cooked Broccoli Bread (WW) Fruit	Meatloaf Mashed Potatoes Bread (WW) Green Beans Pineapple	Cook's Choice Protein Vegetable Fruit Grain	No School In Observance of Thanksgiving	No School In Observance of Thanksgiving
Snack	Muffin Milk	Fresh Vegetables with Ranch Cheese Crackers	Cook's Choice Fruit/Vegetable Grain/Protein (WW)		

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 November 29-December 3, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Breakfast Sandwich UnSweetened Applesauce	French Toast Sticks (WW) Peaches	Sausage Biscuit Muffin Pears	Muffin Banana
Lunch	Beanie Weanies Sweet Potato Fries Bread (WW) Fruit	Taco Spaghetti with Beef (WW) Green Beans Fruit	BBQ Chicken Mashed Potatoes Peas Bread (WW) Fruit	Meat and Cheese Enchiladas (WW) Spanish Rice Corn Mixed Fruit	Chicken Drumsticks (WW) French Fries Fruit
Snack	Low-fat Cottage Cheese Fruit	Soft Pretzel w/Cheese Sauce	Rice Cakes Fruit	Fresh Vegetables Tortilla	Graham Crackers Milk

Menu for the Week of December 6-10, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Burritos (WW) Unsweetened Applesauce	Waffles (WW) Peaches	Biscuits and Gravy Pears	Cinnamon Sugar Breadstick Banana
Lunch	Toasted Cheese Sandwich (WW) Chicken Noodle Soup Cooked Carrots Fruit	Spaghetti with Meat Sauce Green Beans Bread (WW) Banana	Tater Tot Casserole Peas Dinner Roll Fruit	Meat and Cheese Nachos w/ Toppings Vegetable Mixed Fruit	Chicken Strips (WW) Fresh Carrots Mozzarella Cheese Stick Apple Slices
Snack	Hummus Pretzel Sticks	Fresh Vegetables w/Ranch 1/2 Pita (WW)	Low-fat Yogurt Graham Cracker (WW)	Whole Wheat Bread (WW) Cheese Slice	Muffin 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 December 13-17, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Pizza Unsweetened Applesauce	Pancakes (WW) Peaches	Breakfast Bites (WW) Pears	Oatmeal with Raisins Banana
Lunch	Chicken Pot Pie with Vegetables Mashed Potatoes Bread (WW) Peaches	Shake and Bake Chicken Wild Rice Green Beans Fruit	Pizza Pasta Romaine & Spinach Salad Bread (WW) Unsweetened Applesauce	Chili with Beef Vegetable Corn Bread Muffin Mixed Fruit	Turkey Corn Dog (WW) Fresh Carrots Mozzarella Cheese Stick Apple Slices
Snack	Goldfish Crackers Milk	Ham Sandwich (WW)	Low-fat Cottage Cheese Pineapple	Cinnamon Sugar Breadstick Milk	Crackers (WW) w/Sun Butter

Menu for the Week of December 20-24, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Burritos (WW) Unsweetened Applesauce	Waffles Peaches	Cook's Choice Fruit Grain	
Lunch	Sloppy Joe on a Bun (WW) French Fries Mixed Fruit	Meatball Sub Green Beans Fruit	Beef Stroganoff Dinner Roll (WW) Peas Fruit	Cook's Choice Protein Vegetable Fruit Grain	No School in Observance of Christmas Eve
Snack	Cinnamon Sugar Breadstick Milk	Low-Fat Yogurt Fruit Parfait	Soft Pretzel with Cheese	Cook's Choice Fruit/Vegetable Grain/Protein (WW)	

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 December 27-31, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Multigrain Cereal Mandarin Oranges	Waffles(WW) Peaches	Sausage Links Biscuit Pears	
Lunch	No School in Observance of Christmas Day	Refried Bean & Cheese Burrito (WW) Corn Peaches	Meatballs with Gravy Mashed Potatoes Bread (WW) Green Beans Fruit	Macaroni (WW) & Cheese with Diced Ham Peas Mixed Fruit	No School in Observance of New Year's Eve
Snack		Mozzarella String Cheese Wheat Cracker (WW)	Seedless Grapes Rice Cakes	Pretzels Fresh Vegetables and Ranch	

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.