

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

Menu for the Week of July 4-8, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Multigrain Cereal Mandarin Oranges	Waffles(WW) Peaches	Sausage Links Biscuit Pears	Cinnamon Sugar English Muffins Banana
Lunch	No School in Observance of Independence Day	Refried Bean & Cheese Burrito (WW) Corn Peaches	Meatballs with Gravy Mashed Potatoes Bread Green Beans Fruit	Macaroni (WW) & Cheese with Ham Peas Mixed Fruit	Chicken Nuggets (WW) Tater Tots Apple Slices
Snack		Mozzarella String Cheese Cracker	Low-fat Yogurt Graham Crackers	Turkey Sandwich(WW)	Ritz Crackers Milk

Menu for the Week of July 11-15, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Pizza Unsweetened Applesauce	Pancakes (WW) Peaches	Biscuits and Gravy Pears	Oatmeal with Raisins Banana
Lunch	Meat and Cheese Pasta Cooked Carrots Bread (WW) Fruit	Pigs in a Blanket Baked Beans Corn Pineapple	Picnic Lunch Meat & Cheese Taco (WW) Vegetable Banana	Chicken on a Stick with Stir Fry Vegetables Rice Mixed Fruit	Fish Sandwich on a Bun (WW) Mozzarella Cheese Stick Fresh Carrots Grapes
Snack	Cheese Queso Tortilla Chips	Fruit Crackers (WW)	Multigrain Cereal Milk	Sun Butter Roll-Up (WW) Banana	Rice Cakes 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 July 18-22, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Breakfast 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! Eggs Sausage Links Toast (WW) Hashbrown Orange Juice	BBQ Chicken Sandwich (WW) Vegetable Mixed Fruit	Meat and Cheese Wraps (WW) Fresh Carrots Fruit
Snack	Soft Pretzel Cheese	Graham Cracker Unsweetened Applesauce	Low-fat Cottage Cheese Pineapple	V-Blend Trail Mix	Crackers Milk

Menu for the Week of July 25-29, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Burritos (WW) Unsweetened Applesauce	Waffles (WW) Peaches	Sausage Biscuit Muffin Pears	Cook's Choice Grain/Protein Fruit
Lunch	Tuna Noodle Casserole Cooked Carrots Bread (WW) Pears	Cheeseburger on a Bun (WW) Baked French Fries Fruit	Lasagna with Meat Sauce Romaine and Spinach Salad Breadstick Pineapple	Baked Chicken Wild Rice Peas Bread (WW) Mixed Fruit	Cook's Choice Protein Grain Vegetable Fruit
Snack	Saltines Cheese Slices	Fruit Crackers	Low-fat Yogurt Animal Crackers	Pita Sandwich (WW)	Cook's Choice 2 components (Dairy, Vegetable, Fruit, Protein or Grain)

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 August 1-5, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Pizza Unsweetened Applesauce	Pancakes (WW) Peaches	Eggs and Toast Pears	Oatmeal with Raisins Banana
Lunch	Potatoes AuGratin Ham Cooked Broccoli Dinner Roll Fruit	Spaghetti (WW) with Meat Sauce Corn Breadstick Fruit	Chicken Noodle Casserole Bread (WW) Peas Oranges	Picnic Lunch Chicken Strips (WW) Vegetable Fruit	Submarine Sandwiches Grapes Fresh Carrots
Snack	Whole Wheat Bread (WW) Cheese Slice	Apples with Sun butter Pretzels	Multigrain Cereal Milk	Fruit Granola	Crackers (WW) V-Blend

Menu for the Week of August 8-12, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Breakfast Sandwich Unsweetened Applesauce	French Toast Sticks (WW) Peaches	Breakfast Bites (WW) Pears	Muffin Yogurt 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	Meatball Sub (WW) Vegetable Mixed Fruit	Chicken Drumsticks (WW) French Fries Fruit
Snack	Mozzarella String Cheese Wheat Cracker (WW)	Rice Cakes Fruit	Low-fat Cottage Cheese Fruit	Fresh Celery and Carrots Sun Butter	Graham Crackers 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 August 15-19, 2022

	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 English Muffin Banana
Lunch	Buttered Noodles Ham Roll Up (WW) Vegetable Pears	Meat and Cheese Pizza Mixed Vegetables Fruit	Beef Stroganoff Dinner Roll Peas Fruit	Terriyaki Chicken Fried Rice Broccoli Mixed Fruit	Hot Dog on a Bun (WW) Fresh Carrots Fruit
Snack	Cheese Queso Tortilla Chips	Crackers Fruit	Low-Fat Yogurt Fruit	Fresh Vegetables w/Ranch Crackers (WW)	Cinnamon Sugar Breadstick Milk

Menu for the Week of August 22-26, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Cook's Choice Grain/Protein Fruit	Pancakes (WW) Peaches	Breakfast Bites (WW) Pears	Oatmeal with Raisins Banana
Lunch	Sloppy Joe on a Bun (WW) French Fries Fruit	Cook's Choice Protein Grain Vegetable Fruit	Chicken and Rice Broccoli Fruit	Meat and Cheese Slider Vegetable Mixed Fruit	Fish Stars (WW) Fresh Carrots Fruit
Snack	Whole Wheat Bread (WW) Cheese Slice	Cook's Choice 2 components (Dairy, Vegetable, Fruit, Protein or Grain)	Multigrain Cereal Milk	Tortilla (WW) Vegetable Roll-Up V-Blend Juice	Bagel 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 August 29-September 2, 2022

	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 Muffins Banana
Lunch	Refried Bean & Cheese Burrito (WW) Corn Peaches	Meat and Cheese Nachos w/ Toppings Vegetable Fruit	Meatballs with Gravy Mashed Potatoes Bread (WW) Green Beans Fruit	Macaroni (WW) & Cheese with Ham Peas Mixed Fruit	Chicken Nuggets (WW) Tater Tots Apple Slices
Snack	Mozzarella String Cheese Wheat Cracker (WW)	Rice Cakes Fruit	Low-fat Yogurt Graham Crackers	Pretzels Fresh Vegetables and Ranch	Ritz Crackers 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.