

Crème de la Crème, Warrentville

CYCLE MENU ~ WEEK 1

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
BREAKFAST Servings Contain: 1 Milk 1 Fruit/Veg. 1 Bread/Grain	<ul style="list-style-type: none"> • Fresh Sliced Strawberries • Organic Milk • Whole Grain Gluten Free Rice Chex Cereal 	<ul style="list-style-type: none"> • Fresh Bananas • Organic Milk • Whole Wheat Pancakes • Garnish: Maple Syrup 	<ul style="list-style-type: none"> • Fresh Cut Peaches • Organic Milk • Whole Grain Cheerios 	<ul style="list-style-type: none"> • Fresh Cut Bananas • Organic Milk • Whole Grain Corn Flake Cereal 	<ul style="list-style-type: none"> • Fresh Sliced Strawberries • Organic Milk • Whole Grain French Toast Sticks • Garnish: Maple Syrup
AM SNACK Servings Contain 2 of the following: Milk, Protein, Fruit/Veg., Bread	<ul style="list-style-type: none"> • Low fat blueberry Nutri-Grain Bar • 100% Apple Juice 	<ul style="list-style-type: none"> • Fresh Apples • Milk 	<ul style="list-style-type: none"> • Cheeze It Crackers • Water 	<ul style="list-style-type: none"> • All Natural Vanilla Yogurt • 100% White Grape Juice 	<ul style="list-style-type: none"> • Warm Biscuits • Milk • Garnish: Honey (age two and up)
LUNCH Servings Contain: 1 Milk 1 Protein 2 Fruit/Veg. 1 Bread/Grain	<ul style="list-style-type: none"> • Turkey meatballs with BBQ sauce • Mixed vegetables • Pineapples 	<ul style="list-style-type: none"> • Low Sodium Vegetarian Chili • Corn Bread • Peas • Fresh Oranges 	<ul style="list-style-type: none"> • Whole Grain Cheese Ravioli • Mixed Vegetables • Pears Garnishment: Marinara Sauce 	<ul style="list-style-type: none"> • Natural Chicken Tenders • Carrots • Fruit Medley Garnishment: Ketchup 	<ul style="list-style-type: none"> • Whole Grain Macaroni and Cheese • Broccoli • Pears
PM SNACK Servings Contain 2 of the following: Milk, Protein, Fruit/Veg., Bread	<ul style="list-style-type: none"> • Fresh Carrot Sticks • Milk • Garnish: Fat Free Ranch dressing 	<ul style="list-style-type: none"> • French Bread with Soy Butter Spread • 100% White Grape Juice 	<ul style="list-style-type: none"> • Whole Wheat Bagels • Water • Garnish: Strawberry Cream Cheese 	<ul style="list-style-type: none"> • Cinnamon Applesauce • Milk 	<ul style="list-style-type: none"> • Wheat Crackers • Cheese • 100% Apple Juice

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CYCLE MENU ~ WEEK 2

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
BREAKFAST Servings Contain: 1 Organic Milk 1 Fruit/Veg. 1 Bread/Grain	<ul style="list-style-type: none"> • Fresh Fruit Medley • Organic Milk • Whole Grain Corn Chex 	<ul style="list-style-type: none"> • Fresh Bananas • Organic Milk • Whole Grain Pancakes • Garnishment: Maple Syrup 	<ul style="list-style-type: none"> • Fresh Apples • Organic Milk • Whole Grain Granola • Cinnamon Cereal 	<ul style="list-style-type: none"> • Fresh Peaches • Organic Milk • Whole Grain Kix Cereal 	<ul style="list-style-type: none"> • Fresh Sliced Strawberries • Organic Milk • Whole Grain French Toast Sticks • Garnish: Maple Syrup
AM SNACK Servings Contain 2 of the following: Organic Milk, Protein, Fruit/Veg., Bread	<ul style="list-style-type: none"> • Animal Crackers • 100% White Grape Juice 	<ul style="list-style-type: none"> • Homemade Blueberry Muffins • Organic Milk 	<ul style="list-style-type: none"> • Wheat Cracker • Cheese • Water 	<ul style="list-style-type: none"> • Vanilla Wafers • 100% Apple Juice 	<ul style="list-style-type: none"> • Graham Crackers • Organic Milk
LUNCH Servings Contain: Organic Milk 1 Protein 2 Fruit/Veg. 1 Bread/Grain	<ul style="list-style-type: none"> • Beef Hamburgers • Whole Wheat Bun • Vegetarian Baked Beans • Mixed Vegetables • Pears Garnish: Ketchup 	<ul style="list-style-type: none"> • Cheese Pizza • Mixed Greens • Mixed Vegetables- infant/toddlers • Peaches Garnish: Non Fat Ranch Dressing 	<ul style="list-style-type: none"> • Teriyaki Chicken • Long Grain Brown Rice • Green Beans • Mandarin Oranges 	<ul style="list-style-type: none"> • Whole Grain Beef Lasagna • Dinner Roll • Green Beans • Fresh Fruit Medley 	<ul style="list-style-type: none"> • Chicken & Dumpling • Frozen Peas • Warm Cinnamon Apples
PM SNACK Servings Contain 2 of the following: Organic Milk, Protein, Fruit/Veg., Bread	<ul style="list-style-type: none"> • Saltines Crackers • Mozzarella String Cheese • Organic Milk 	<ul style="list-style-type: none"> • Pretzel Twists • 100% Apple Juice 	<ul style="list-style-type: none"> • Cottage Cheese • Peaches • Water 	<ul style="list-style-type: none"> • Bananas • Organic Milk 	<ul style="list-style-type: none"> • Hummus • Whole Wheat Pita Bread • 100% Grape Juice

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CYCLE MENU ~ WEEK 3

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
BREAKFAST Servings Contain: 1 Organic Milk 1 Fruit/Veg. 1 Bread/Grain	<ul style="list-style-type: none"> • Fresh Sliced Apples • Organic Milk • Whole Grain Corn Chex Cereal 	<ul style="list-style-type: none"> • Fresh Fruit Mix • Organic Milk • Whole Grain Pancakes • Garnish: maple syrup 	<ul style="list-style-type: none"> • Fresh Sliced Strawberries • Organic Milk • Whole Grain Granola Cinnamon Cereal 	<ul style="list-style-type: none"> • Fresh Cut Apples • Organic Milk • Whole Grain Kix Cereal 	<ul style="list-style-type: none"> • Fresh Bananas • Organic Milk • Whole Grain French Toast Sticks • Garnish: Maple Syrup
AM SNACK Servings Contain 2 of the following: Organic Milk, Protein, Fruit/Veg., Bread	<ul style="list-style-type: none"> • Saltines • Mozzarella String Cheese • Milk 	<ul style="list-style-type: none"> • Pretzel Twists • 100% Apple Juice 	<ul style="list-style-type: none"> • Cottage Cheese • Peaches • Water 	<ul style="list-style-type: none"> • Homemade Blueberry muffins • Organic Milk 	<ul style="list-style-type: none"> • Hummus served on Whole Wheat Pita Bread • 100% Grape Juice
LUNCH Servings Contain: 1 Organic Milk 1 Protein 2 Fruit/Veg. 1 Bread/Grain	<ul style="list-style-type: none"> • Low Sodium – Fit Foodz Breaded Chicken Strips • Corn • Peas for Infant and Toddler • Pineapples <p>Garnish: Ketchup</p>	<ul style="list-style-type: none"> • Grilled Mozzarella Cheese Sandwich on Whole Wheat Bread • Mixed Vegetable Blend • Mandarin Oranges 	<ul style="list-style-type: none"> • Bean and Cheese Burrito • Diced Carrots • Fresh Fruit Mix 	<ul style="list-style-type: none"> • Whole- Wheat Penne Pasta with crumbled beef • Fresh Salad garnished with low fat dressing • Peas – infant/Toddler • Diced Peaches <p>Garnish: Marinara Sauce</p>	<ul style="list-style-type: none"> • Beef Stew • Whole Wheat Bread • Pears
PM SNACK Servings Contain 2 of the following: Milk, Protein, Fruit/Veg., Bread	<ul style="list-style-type: none"> • Animal Crackers • 100% White Grape Juice 	<ul style="list-style-type: none"> • Bananas • Organic Milk 	<ul style="list-style-type: none"> • Wheat Wafer • Mozzarella Cheese • Water 	<ul style="list-style-type: none"> • Vanilla Wafers • 100% Apple Juice 	<ul style="list-style-type: none"> • Honey Graham Crackers • Organic Milk

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CYCLE MENU ~ WEEK 4

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
BREAKFAST Servings Contain: 1 Organic Milk 1 Fruit/Veg. 1 Bread/Grain	<ul style="list-style-type: none"> • Fresh Sliced Strawberries • Organic Milk • Whole Grain Rice Chex Cereal 	<ul style="list-style-type: none"> • Fresh Bananas • Organic Milk • Whole Wheat Pancakes • Garnish: Maple Syrup 	<ul style="list-style-type: none"> • Fresh Cut Peaches • Organic Milk • Whole Grain Cheerios Cereal 	<ul style="list-style-type: none"> • Fresh Fruit Medley • Organic Milk • Whole Grain Cinnamon Harvest Organic Cereal 	<ul style="list-style-type: none"> • Fresh Sliced Strawberries • Organic Milk • Whole Wheat French Toast Sticks • Garnish: Maple Syrup
AM SNACK Servings Contain 2 of the following: Organic Milk, Protein, Fruit/Veg., Bread	<ul style="list-style-type: none"> • Fresh Carrot Sticks • Organic Milk • Garnish: Low fat Ranch Dressing 	<ul style="list-style-type: none"> • Whole Wheat Bagels • 100% White Grape Juice Garnish: Strawberry Cream Cheese 	<ul style="list-style-type: none"> • Cheese It Crackers • Water 	<ul style="list-style-type: none"> • Cinnamon Applesauce • Organic Milk 	<ul style="list-style-type: none"> • Fresh Cucumbers • Tzatziki Sauce • 100% Apple Juice
LUNCH Servings Contain: 1 Organic Milk 1 Protein 2 Fruit/Veg. 1 Bread/Grain	<ul style="list-style-type: none"> • Roasted Sliced Turkey and cheese sandwich on a whole wheat bread • Peas • Oranges 	<ul style="list-style-type: none"> • Chicken Fettuccine Alfredo Casserole with Broccoli • Diced Crisp Pears 	<ul style="list-style-type: none"> • Beef Lasagna • Garlic Bread • Green Beans • Fresh Fruit Medley 	<ul style="list-style-type: none"> • Child Nutrition Reduced Sodium Beef Meatloaf • Dinner Roll • Carrots • Peaches 	<ul style="list-style-type: none"> • Cheese Pizza • Mixed Greens • Carrots-infant/toddler • Fresh Fruit Medley • Garnish: Non Fat Ranch Dressing
PM SNACK Servings Contain 2 of the following: Organic Milk, Protein, Fruit/Veg., Bread	<ul style="list-style-type: none"> • Low fat blueberry Nutri-Grain Bar • 100% Apple Juice 	<ul style="list-style-type: none"> • Fresh Apples • Organic Milk 	<ul style="list-style-type: none"> • Sliced Turkey • American Cheese • Water 	<ul style="list-style-type: none"> • All Natural Vanilla Yogurt • 100% White Grape Juice 	<ul style="list-style-type: none"> • Warm Biscuits • Organic Milk • Garnish: Honey (age two and up)