



WHITEHILLS CHILDCARE - SIX WEEK MENU
SEPTEMBER 2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	SNACK	Cereal & Apples	Bagels & Cream Cheese	Cinnamon Raisin Toast & Apples	Waffles	Yogurt & Graham Crackers
	LUNCH	Chicken Fingers, Caesar Salad, Rice & Applesauce	Chili, Toast & Fresh Fruit	Lasagna, Mixed Veggies, Bread & Butter, Fresh Fruit	* Soup, Garlic Cheese Bread, Fresh Fruit	Meatloaf, Carrots, Mashed Potatoes, Fruit Salad
	SNACK	Graham Cracker Face-Ups	Rice Crackers & Dip	Yogurt Cones	Crackers & Cheese	Trail Mix
WEEK 2	SNACK	Cereal & Apples	English Muffins Jam & Butter	Waffles	Toast, Jam & Oranges	Yogurt & Bananas
	LUNCH	Meatballs, Rice, Peas & Fresh Fruit	Chicken Parm, Fettuccini Alfredo, Corn & Carrots, Fresh Fruit	Pizza, Caesar Salad, Pudding & Fruit	Tuna Casserole, Bread & Butter, Mixed Veggies, Fruit Cocktail	Soft Taco Casserole, Garden Salad, Ice Cream Sandwiches
	SNACK	Raw Veggies, Dip & Crackers	Homemade Cookies And Chocolate Milk	Nachos, Salsa & Sour Cream	Applesauce & Digestive Cookies	Granola Bars And Apples
WEEK 3	SNACK	Cereal & Craisins	Bagels & Cream Cheese	Yogurt & Fruit	Banana Loaf	Cinnamon Toast
	LUNCH	Beefaroni Broccoli, Garlic Sticks, Fresh Fruit	Quiche, Salad, Bread & Butter, Fresh Fruit	Chicken Balls, Fried Rice, Corn & Jungle Salad	Roast Chicken, Scalloped Potatoes, Mixed Veggies & Fresh Fruit	*Soup & Assorted Sandwiches & pudding
	SNACK	Crackers, Cream Cheese & Cucumbers	Sherbet & Vanilla Wafers	Chocolate Rice Krispie Squares,	Nutrigrain Bars And Fruit	Fruit Smoothies & Graham Crackers
WEEK 4	SNACK	Cereal & Bananas	English Muffins & Apples	Bagels & Cream Cheese	Yogurt & Breadsticks	Waffles
	LUNCH	Chicken Fajitas, Brown Beans & Apple/Peach Crisp	Fish On A Bun, Salad & Ice Cream Cones	Turkey & Cheese Surprise, Mixed Veggies, & Fresh Fruit	Chicken Fingers, Hash Brown Casserole & Fresh Fruit	Chef's Choice Pasta , broccoli & Fresh Fruit
	SNACK	Crackers & Cheese, Craisins	Homemade Cookies & Chocolate Milk	Fruit Muffins	Nachos, Salsa & Sour Cream	Rice Krispie Squares
WEEK 5	SNACK	Cereal & Orange	Cinnamon Toast & Craisins	Yogurt Parfaits	Banana Loaf	Pancakes
	LUNCH	Chicken Burgers, Salad & Fruit Loaf	Hot Dogs, Hash Browns, Mixed Veggies & Rice Pudding	Pot Roast, Gravy, Mashed Potatoes, Veggies & Fresh Fruit	Chicken Stir Fry, Rice, Mixed Veggies & Fresh Fruit	*Soup, Cheese Tea Biscuits, Raw Veggies & Fresh Fruit
	SNACK	Cheese And Crackers, Apple	Jam/Cheese Sandwiches, Bananas	Crackers, Raw Veggies And Dip	Trail Mix	Cook's SURPRISE SNACK
WEEK 6	SNACK	Cereal & Fruit	Waffles	Oatmeal Muffins & Apples	Cinnamon Toast, Bananas	Yogurt & Breadsticks
	LUNCH	Spaghetti, Bread & Butter, Green Beans, Fresh Fruit	Sloppy Joes, Broccoli, Cookies & Fresh Fruit	Macaroni And Cheese, Bread & Butter, Peas, Fresh Fruit	Meatballs, Rice, Salad & Apple Crisp	Breaded Fish, Potatoes, Coleslaw & Fresh Fruit
	SNACK	Apples, Cream Cheese Fruit Dip	Popcorn & Grapes	Pizza Crackers	Nachos & Taco Dip	Ice Cream Banana Splits

- Milk and fresh veggies will be served with all lunches
- Soup will consist of homemade: Minestrone, cream potato, vegetable, chicken noodle, cream of mushroom
- We will serve juice for a.m. snacks and water for p.m. snacks
- Whole wheat bread and buns will be served
- Trail mix will consist of pretzels, crunchies, chocolate chips, fish crackers, popcorn, craisins, cherrios