

The Daycare PITT Stop Inc.

Menu- Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Water	Wholegrain Cereal and Milk	Yogurt with homemade Granola Fresh Fruit	Whole-Wheat French Toast Sticks and Berry Puree	Homemade Spiced Pumpkin Banana Muffin Fresh Fruit	Fruit smoothie gram crackers
Lunch Water Milk	Chicken fried rice steamed vegetables	BBQ Chicken Fillets Quinoa Pilaf Carrots Fresh Fruit	Fish Rice Steamed vegetables	Chicken raps with Caesar Salad	Baked tortellini in a homemade vegetable sauce
PM Snack Water	Oatmeal cranberry cookies	Hummus peta bread	Frozen yogurt cookies	Meat, cheese, crackers, pickles	Turkey Sandwich on Whole-Wheat bread Cherry Tomatoes

Our meals are homemade from scratch, low Salt, low Sugar.
Late afternoon pickups: remaining snack items as well as cereal mix
Infants will be offered the same as older children when developmentally appropriate.

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Menu- Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Water	Homemade Lemon Poppy Seed Loaf with Flax Seed Fresh Fruit	Banana Oat Monkey Bars Fresh Fruit	Pancakes Fresh fruit	Zucchini muffins	Wholegrain Cereal and Milk
Lunch Water Milk	Tuna melts On English muffin honey carrots	Spaghetti meat balls Whole – Wheat garlic toast	Whole-Grain Pasta with Homemade Cheesy Cauliflower Lentil Sauce Fresh Fruit	Shepherd’s Pie with Crispy Potato Topping Green Beans Fresh Fruit	Build your own Tacos
PM Snack Water	Frozen banana pops	Trail mix Assorted cut Vegetables	Squash muffins	Home Made Ranch Dip with Assorted Veggies Whole Grain Crackers	Hummus and peta bread

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Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Water	Oatmeal banana chocolate chip muffins	Fruit smoothie Whole Wheat Bread Berry Spread	Waffles Berry Syrup	Wholegrain Cereal And Milk	Yogurt homemade granola
Lunch Water Milk	Tuna Noodle Tetrazzini Casserole with Whole-Wheat Pasta	Homemade Chicken pot pie	Butter Chicken Curry Brown Rice Fresh Fruit	Ground Beef Sloppy Joes with Whole- Wheat Buns Cheddar Cheese Caesar Salad	Fish Rice Steamed vegetables
PM Snack Water	Homemade cereal bars	Homemade Carrot Loaf Fresh Fruit	Homemade Spinach Dip Wholegrain Crackers	Fruit salad with goldfish crackers	Homemade peperoni pretzel sticks

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Menu – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Water	Cinnamon Rolls Fresh Fruit	Wholegrain Cereal And Milk	Bagels Fruit Smoothie	Breakfast Casserole	Yogurt homemade granola
Lunch Water Milk	Chicken fettuccini alfredo Broccoli	Ham and Cheese rolls Caesar Salad	Ground Beef Taco Bowls Marble Cheese	Homemade Sweet and Sour meat balls Rice Green Beans	Chicken and Cheese quesadilla
PM Snack Water	Trail mix	Homemade Chick pea cupcakes	Ice Cream Fresh Fruit	Banana Shushi rolls	Rice cakes and apple sauce

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 Late afternoon pickups: remaining snack items as well as cereal mix
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