

Fall Menu 2023 - New Leaf Daycare

| | | Breakfast | Lunch | Afternoon Snack |
|--------|-----------|--|--|---|
| Week 1 | Monday | Oatmeal with banana slices and cinnamon, Milk | Veggie wholewheat Quesadillas with cheese, bellpeppers and diced tomatoes and sliced cucumbers, Milk | Fresh Fruit and cheese bowl |
| | Tuesday | Greek yogurt with mixed berries and honey, whole-grain granola, Milk | Chicken and rice casseroll with fresh vegetables on side, Milk | Banana Honey Sandwich |
| | Wednesday | wholewheat cereal, strawberries, Milk | Freshly made Vegetable soup with Butter Toast, Milk | Fruit cup with vanilla yogurt |
| | Thursday | Waffles with scrambled eggs, Milk | Chicken Caesar salad with croutons and Garlic Toast, Milk | Fresh watermelon cubes, Oatmeal Raisin Cookie |
| | Friday | Whole-grain toast with avocado spread and boiled egg, Milk | Pasta Primavera and fresh fall sauteed vegetables, Milk | Homemade apple sauce with cinnamon and Pretzels |
| Week 2 | Monday | Veggie and cheese omelet with whole-grain toast, Milk | Chicken and vegetable curry with basmati rice, baby carrots, Milk | Sliced pear with Cheese sticks |
| | Tuesday | Blueberry and yogurt smoothie with whole-grain toast, Milk | Pitta pocket sandwiches with chicken, Hummus and cucumbers, Milk | Banana and Strawberry Smoothie with Vegetable crackers |
| | Wednesday | Whole wheat bagel with cream cheese, Peach slices, Milk | Chicken and Veggie stir fry with Cucumber and ranch dip, Milk | Sliced cucumbers with Pita cracker and hummus |
| | Thursday | Apple cinnamon Oatmeal, Banana slices, Milk | Meatball pasta with tomato sauce and steamed broccoli, Milk | Apple slices with Hard boiled eggs |
| | Friday | Cinnamon Raisin Toast with berries, Milk | Pumpkin and Lentil soup with toasted buns, milk | Raisin Toast, Fresh Vegetable slices |
| Week 3 | Monday | Hash Brown, scrambled eggs, Milk | Stew made with Chicken and fresh vegetables, Garlic Bread Toast, Milk | Fresh berries with yogurt and Granola |
| | Tuesday | Overnight oats with strawberries, Milk | Chicken and cheese sandwich on whole-grain bread with carrot sticks and ranch dip, Milk | Sliced cucumber, Cracker with hummus |
| | Wednesday | Banana and pumpkin seed butter toast with scrambled eggs, Milk | Cheese burger with baked chicken sticks, cucumber slices, Milk | Trail mix with nuts, dried fruit, and seeds and Strawberries |
| | Thursday | Bagel toasted with creamcheese, Milk | Fried rice with beans and vegetables and pineapple chunks, Milk | Baked Potato with yogurt dip |
| | Friday | Yogurt parfait with mixed berries and granola | Corn and Black bean salad with whole-grain Toast, Carrot sticks, Milk | Cucumber Sandwich |
| Week 4 | Monday | Hard-boiled egg and a slice of whole grain toast, Milk | Fresh cooked Penne with tomato sauce, herbs and cheese, apple slices, Milk | Cottage cheese with sliced peaches or pineapple |
| | Tuesday | Oatmeal with banana slices and cinnamon, Milk | Butter chicken with gravy, Naan and fresh Salad, Milk | Banana Bread and berries |
| | Wednesday | Toasted Croissant, apple slices, Milk | Sticky rice with chicken balls, Sweet and Sour Sauce, carrot sticks, Milk | Pita cracker and Hummus |
| | Thursday | Chia Oat pudding with Bananas and Milk | Naan Pizza with chicken and cheese, sliced grape tomatoes, Milk | Hummus and veggie sticks (carrots, celery, bell pepper, cucumber, etc.) |
| | Friday | Whole grain muffins, strawberries, Milk | Butter cheese Sandwich with whole grain bread, celery sticks, Milk | Grilled cheese sticks with Celery |

*Milk will be served with Breakfast and Lunch

*Water is available through out the day

* Alternatives to incorporate a vegetarian diet into meals, such as soy-based products like tofu or tempeh, or products made from legumes like black bean burgers or lentil meatballs can be provided as needed