



TARTTS DAY CARE CENTER MENU



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST	Milk Bread/Grain Choices Toddler / Preschool Only	Milk Kix / Rice Crispies Special K (Contains Dairy) Raisin Bran	Milk Kix / Rice Crispies Special K (Contains Dairy) Raisin Bran	Milk Kix / Rice Crispies Special K (Contains Dairy) Raisin Bran	Milk Kix / Rice Crispies Special K (Contains Dairy) Raisin Bran	
LUNCH	Meat/Protein Vegetable Bread/Grain Fruit Other Foods Milk	*Turkey Burger Mixed Vegetables *Wheat Burger Bun Bananas Milk	Spinach Ravioli Broccoli (mixed in with pasta and protein) *Wheat/White Bread Sliced Peaches Alfredo Sauce / Parmesan Cheese Milk	*Chicken Noodle Soup Mixed Vegetables (inside soup) *Wheat/White Bread Fresh Fruit Cup <i>Fruits which could be included: Cantaloupe, Melon, Pineapple, Watermelon, Grapes (sliced in half)</i> Egg Noodles Milk	*Sloppy Joes Carrots *Wheat Burger Bun Watermelon Milk	*Chicken Nuggets Vegetable Rice Pilaf *Wheat/White Bread Applesauce Milk
PM SNACK	Daily Snacks Served (Based on availability) *ITEMS CONTAIN SOY	Whole Grain Snacks Goldfish, Graham Crackers, Animal Crackers, CheezIts Water	Yogurt Plain, Blueberry, Strawberry (Varied Availability) Water	Fruit Salad Water	Yogurt Plain, Blueberry, Strawberry (Varied Availability) Water	
<p><i>Dear Parents, All vendor kitchens are certified through the City of Boston's Allergen Awareness program. No peanut oil or tree nuts are used in the preparation of any of our lunch items. While our centers endeavor to create a nut free environment for your children, meals are prepared in a kitchen that use peanuts and tree nuts in "outside menu" items. Therefore, Tartts <u>cannot</u> guarantee the above menu items are 100% nut free. Please inform us of any allergies.</i></p>						



MILK



WHEAT



EGGS



SOY



FISH