



TARTTS DAY CARE CENTER MENU



WEEK 3

	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	*NEW ITEM* Vegetarian Egg Roll Mixed Vegetables *Baked Pastry Roll Bananas Sweet & Sour Dipping Sauce Milk	*Vegetable Lasagna Green Beans *Wheat/White Bread Sliced Peaches Milk	Chicken Broccoli Ziti Broccoli (mixed in with pasta and protein) *Wheat/White Bread Fresh Fruit Cup <i>Fruits which could be included: Cantaloupe, Melon Pineapple, watermelon, grapes (sliced in half)</i> Alfredo Sauce / Parmesan Cheese Milk	*Grilled Cheese Sweet Potato Fries Watermelon Milk	*Sloppy Joes Carrots *Wheat Burger Bun 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