






























TARTTS DAY CARE CENTER MENU



WEEK 4

	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: Turkey Dogs    Vegetable: Sweet Potato Fries  Bread/Grain: Wheat Bun  Fruit: Bananas Other Foods: Milk	Meat/Protein: Chop Suey   Vegetable: Mixed Vegetables Bread/Grain: *Wheat/White Bread   Fruit: Sliced Peaches Other Foods: Milk	Meat/Protein: *Chicken Parmesan    Vegetable: Broccoli Bread/Grain: *Wheat/White Bread   Fruit: Fresh Fruit Cup <i>Fruits which could be included: Cantaloupe, Melon Pineapple, watermelon, grapes (sliced in half)</i> Other Foods: Tomato sauce, mozzarella Milk	Meat/Protein: *Whole Wheat Breaded Cod Fish Sticks    Vegetable: Sweet Potato Fries Bread/Grain: *Wheat/White Bread   Fruit: Watermelon Other Foods: Milk	Meat/Protein: Mac & Cheese   Vegetable: Peas and Carrots Bread/Grain: *Wheat/White Bread   Fruit: Applesauce Other Foods: Milk
PM SNACK	Daily Snacks Served (Based on availability): Whole Grain Snacks Goldfish, Graham Crackers, Animal Crackers, CheezIts	Yogurt Plain, Blueberry, Strawberry (Varied Availability)	Fruit Salad	Watermelon	Yogurt Plain, Blueberry, Strawberry (Varied Availability)
*Items Contain Soy	Water	Water	Water	Water	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 cannot guarantee the above menu items are 100% nut free. Please inform us of any allergies.</i></p>					
<p>CONSUMER ADVISORY STATEMENT: Consuming raw or undercooked items may increase your risk of foodborne illness</p>					



MILK



WHEAT



EGGS



SOY



FISH