



# TARTTS DAY CARE CENTER MENU



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Milk	Milk	Milk	Milk	Milk	Milk
	Bread/Grain Choices	Kix / Rice Crispies Special K (Contains Dairy)	Kix / Rice Crispies Special K (Contains Dairy)	Kix / Rice Crispies Special K (Contains Dairy)	Kix / Rice Crispies Special K (Contains Dairy)	Kix / Rice Crispies Special K (Contains Dairy)
		Toddler / Preschool Only	Raisin Bran	Raisin Bran	Raisin Bran	Raisin Bran
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>	Meat/Protein	*Chicken Parmesan	Spinach Ravioli	*Chicken Noodle Soup	*Sloppy Joes	Asian Style Chicken
	Vegetable	Mixed Vegetables	Spinach	Mixed Vegetables (inside soup)	Green Beans	Jasmine Rice
	Bread/Grain	*Wheat Rolls	*Wheat Rolls	*Wheat Rolls	*Wheat Rolls	*Wheat Rolls
	Fruit	Applesauce	Sliced Peaches	Yogurt Plain, Blueberry, Strawberry, Peach (Varied Availability)	Mixed Fruit	Applesauce
	Other Foods	Parmesan Cheese	Parmesan Cheese	Egg Noodles	Milk	Milk
	Milk	Milk	Milk	Milk	Milk	Milk
			MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>PM SNACK</b>	Daily Snacks Served (Based on availability)	Applesauce  Whole Grain Snack Substitutions: Goldfish Crackers, Goldfish Grahams, Cheese-itz	Sliced Peaches  Whole Grain Snack Substitutions: Goldfish Crackers, Goldfish Grahams, Cheese-itz	Yogurt  Whole Grain Snack Substitutions: Goldfish Crackers, Goldfish Grahams, Cheese-itz	Mixed Fruit  Whole Grain Snack Substitutions: Goldfish Crackers, Goldfish Grahams, Cheese-itz	Applesauce  Whole Grain Snack Substitutions: Goldfish Crackers, Goldfish Grahams, Cheese-itz
	*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 <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**