



# 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	Raisin Bran
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>	Meat/Protein	Grilled BBQ Chicken Strips	Mac & Cheese w/ Chicken & Broccoli	Turkey Casserole	Chicken Parmesan	Pizza
	Vegetable	Jasmine Rice	Broccoli	Mixed Vegetables and Potatoes (mixed in with Casserole)	Green Beans	Mixed Vegetables
	Bread/Grain	*Wheat Rolls	*Wheat Rolls	*Wheat Rolls	*Wheat Rolls	*Pizza Crust
	Fruit	Sliced Peaches	Applesauce	Yogurt Plain, Blueberry, Strawberry (Varied Availability)	Mixed Fruit	Applesauce
	Other Foods					
	Milk	Milk	Milk	Milk	Milk	Milk
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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