



**TARTTs™**

Childcare Excellence since 1946

infants • toddler • preschool

# Menu

WEEK:

**Yummy**

## Breakfast\*

- Milk
- Kix
- Rice Krispies
- Special K
- Raisin Bran  
(Toddlers & preschoolers only)

\*Based on stock and availability

## Lunch

### ENTRÉE INGREDIENTS

### ALLERGENS

### MONDAY



#### CHICKEN SAZON

- White Rice
- Wheat Roll
- Milk

Chicken thighs, tomato sauce, Adobo seasoning (lightly salted, black pepper, garlic, oregano and other spices) Jasmine rice and mixed frozen vegetables.

Soy, Dairy & Wheat



### TUESDAY



#### BEEF AMERICAN CHOP SUEY

- Mixed Vegetables
- Wheat Roll
- Milk

Ground beef, onions, peppers, celery and marinara sauce, mixed frozen vegetables.

Soy, Dairy & Wheat



### WEDNESDAY



#### BAKED CHICKEN WITH MASH POTATOES

- Mixed Vegetables
- Wheat Roll
- Milk

Chicken thighs, seasonings, potatoes, butter and lightly salted.

Dairy & Wheat



### THURSDAY



#### MAC & CHEESE

- Green Beans
- Wheat Roll
- Milk

Cheese sauce (Cheddar cheese, milk, lightly salted and pepper) and elbow noodles.

Soy, Dairy & Wheat



### FRIDAY



#### BEEF MEATBALLS W/ PENNE

- Mixed Vegetables
- Wheat Roll
- Milk

Ground beef, breadcrumbs, and seasonings with penne pasta and mixed frozen vegetables.

Soy



*(Pasta cannot be separated from Entrée (mixed))*

## Lunch Desserts & Afternoon Snack options\*

- Applesauce
- Yogurt
- Water
- Sliced Peaches
- Mixed Fruit

\*Based on stock and availability

### ADDITIONAL MENU NOTIFICATIONS

Whole Grain Snacks are often used to supplement Fruit, Applesauce and Yogurt menu items for children. Items can include: Goldfish Crackers, Cheezits, Goldfish Graham Crackers, Teddy Grahams. (Varied Availability).

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 tree nuts in "outside menu" items. Therefore, TARTTs cannot guarantee the above menu items are 100% nut free. Please inform us of any Allergies.