

DISCOVERY CAFE

Following are the sample menus we rotate on the weekly basis:

Menu #1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Pancakes Blueberries Milk	Cereal choice Bananas Milk	Waffles Applesauce Milk	French Toast Sticks Peaches Milk	English Muffins Oranges Milk
A.M. SNACK	Vanilla Wafers Apples Water	String Cheese Saltines Orange Juice	Ritz Crackers Kiwi Fruit Water	Saltines Cream Cheese Raisins Fruit Juice	Cinnamon Tortilla Roll- Ups Water
LUNCH	Spaghetti and Meatballs Peas Pears Milk	Chicken Nuggets Broccoli Apples Milk	Beef/Barley or Tomato Soup Dinner Rolls Peaches Milk	Taco Salad (Beef) Lettuce Oranges Milk	Macaroni and Cheese Bananas Green Beans Milk
P.M. SNACK	Wheat Thins Watermelon Water	Graham Crackers Mixed Fruit Water	Toast w/Jam Apples Water	Animal Crackers Pears Water	Hardboiled Eggs Saltines Water

Menu #2

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Hot Oatmeal Bananas Milk	Cinnamon Toast Apples Milk	Cherrios Fruit Cup Milk	Mini Muffins Oranges Milk	Scrambles Eggs Toast Pears Milk
A.M. SNACK	Ritz Crackers Cheese Slices Grape Juice	Graham Crackers Mandarin Oranges Water	Churros Apples Water	Cream Cheese on Saltines Grapes Water	Mini Bagels Mixed Berries Water
LUNCH	Egg Salad Sandwich Cucumber/To mato Salad Melon Milk	Chicken Taqitos/ Garden Burger Mixed Veggie Pineapple Milk	Tomato Soup Grilled Cheese Sandwich Peas Pears Milk	Turkey Dinner w/Mashed Potatoes Fruit Salad Broccoli Milk	Chicken and Cheese/Plain Quesadilla Corn Oranges Milk
P.M. SNACK	Vegetable Tray Ranch Dip Apple Juice	Cheese Slices Crackers Orange Juice	Yogurt Graham Crackers Water	English Muffins Raspberry Juice	Popcorn Apples Water *Toddlers: Toast

Menu #3

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	French Toast Sticks Bananas Milk	Special K Cereal Oranges Milk	Pancakes Oranges Milk	Hot Oatmeal Peaches Milk	English Muffins Apples Milk
A.M. SNACK	Carrot Sticks Ranch Dip Water	Animal Crackers Applesauce Water	Fruit Tray Yogurt Dip Water	Mini Bagels W/Cream Cheese White Grape Juice	Saltines with Cheese Milk
LUNCH	Ham & Pineapple Pizza Green Beans Milk	Sloppy Joes/Garden Burger Cucumber Slices Peaches Milk	Bean & Cheese Burritos Tossed Salad Mandarin Oranges Milk	Beef or Cheese Ravioli Corn Apples Milk	Chef Salad Dinner Rolls Melon Milk
P.M. SNACK	Cottage Cheese Peaches Water	Apple Strudel Bread Water	Graham Crackers Apples Water	String Cheese Turkey Slices Raspberry Juice	Pretzels Apple Juice <hr/> Goldfish For Toddlers

Menu #4

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Toast Peaches Milk	Pancakes Apples Milk	Corn Flakes Bananas Milk	Cinnamon Bagels Apples Milk	Waffles Oranges Milk
A.M. SNACK	Goldfish Crackers Oranges Water	Mini Bagels Grapes Water	Applesauce Graham Crackers Water	Wheat Thins Oranges Water	Cinnamon Tortilla Rolls Apple Juice
LUNCH	BBQ Chicken/Tofu Mashed Potatoes Apples Broccoli Milk	Cheesy Scrambled Eggs Biscuits Green Beans Pears Milk	Tuna or Cheese Sandwich Mixed veggies Fruit Cocktail Milk	Chili and Rice Shredded Lettuce Peaches Milk	Pasta Salad w/ Ham & Cheese Watermelon Milk
P.M. SNACK	Yogurt w/ Mixed Fruit Water	Apple Strudel Bread Water	Saltines Fruit Cup Water	Ritz Crackers Cheese Water	Trail Mix Apples Milk