

DISCOVERY CENTER

CAFE



SUMMER MENU #1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Saltines - Cream Cheese/Hummus Water	Club Crackers Yogurt Water	Graham Crackers String Cheese Water	Goldfish crackers Applesauce Water	Waffles Raisins Water
LUNCH	Mashed potato Turkey rolls Fruit/Berries Vegetables Water	Egg Sandwiches Fruit/Berries Vegetables Water	Spaghetti Meat Sauce Fruit/Berries Vegetables Water	Cheese and Turkey Quesadillas Fruit/Berries Vegetables Water	Cheese Pizza Fruit/Berries Vegetables Water
P.M. SNACK	Whole wheat Bagels Celery Sticks Ranch Milk	Homemade Banana Bread Milk	Cinnamon Toast Fruit Milk	Homemade Blueberry Maffin Milk	Popcorn/Goldfish Fruit Milk

CHOICE OF FRUITS

Apples, oranges, pears, cantaloupe, bananas, grapes, blueberries, strawberries, watermelon, frozen berries

CHOICE OF VEGETABLES

Cauliflower, celery, snap sugar peas, cucumber, broccoli, green spring vegetables, lettuce, carrots, avocado, frozen veggies

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SUMMER MENU #2

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Celery sticks Cream Cheese Raisins Water	Club Crackers Fruit Water	Trail Mix Apple Sauce Water	Greek Yogurt Blueberries Water	Pancakes Organic Sugar-free Jam Water
LUNCH	Turkey Sandwiches Fruit/Berries Beetroot salad Water	Quinoa Pizza Fruit/Berries Vegetables Milk	Brown Rice with vegetables Fruit/Berries Water	Pasta Turkey Salad Fruit/Berries Vegetables Water	Mexican Rice Turkey/Cheese Fruit/Berries Vegetables Water
P.M. SNACK	Homemade Carrot Muffins Milk	Carrot salad Sour cream Saltines Water	Zucchini Bread Milk	Cheesy French Toast Milk	Cheez-It Apple sauce Milk

CHOICE OF FRUITS

Apples, oranges, pears, cantaloupe, bananas, grapes, blueberries, strawberries, watermelon, frozen berries

CHOICE OF VEGETABLES

Cauliflower, celery, snap sugar peas, cucumber, broccoli, green spring vegetables, lettuce, carrots, avocado, frozen veggies

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SUMMER MENU #3

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Ritz Crackers Blueberries Water	Wheat Thins Yogurt Water	Graham Crackers Fruit Water	Carrot Sticks Ranch Water	String Cheese Apple Slices Water
LUNCH	Egg Sandwiches Fruit/Berries Vegetables Water	Black Bean and Chicken Sausage Casserole Fruit/Berries Vegetables Water	Cheese and Tomato Quinoa Fruit/Berries Vegetables Water	Chilli and Rice Fruit/Berries Vegetables Water	Avocado Egg Salad Fruit/Berries Water
P.M. SNACK	Fruit Yogurt Dip Milk	Mini Muffins Apple Sauce Milk	Bagel Cream Cheese Milk	Cottage Cheese Raisins Milk	English Muffins Bananas Milk

CHOICE OF FRUITS

Apples, oranges, pears, cantaloupe, bananas, grapes, blueberries, strawberries, watermelon, frozen berries

CHOICE OF VEGETABLES

Cauliflower, celery, snap sugar peas, cucumber, broccoli, green spring vegetables, lettuce, carrots, avocado, frozen veggies

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SUMMER MENU #4

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Goldfish Crackers Fruit Water	Waffles Apple Sauce Water	Saltines String Cheese Water	Whole Wheat Bagels Organic Sugar-free Jam Water	Banana Yogurt Water
LUNCH	Veggie Turkey Pasta Fruit/Berries Vegetables Water	Egg Sandwiches Fruit/Berries Vegetables Milk	Quinoa with vegetables Fruit/Berries Vegetables Water	Tuna Salad Toasted Bread Fruit/Berries Vegetables Water	Mac and Cheese Fruit/Berries Vegetables Water
P.M. SNACK	Mini Blueberry Muffin Milk	Cottage Cheese Raisins Water	Homemade Banana Bread Milk	Veggie slices Ranch Milk	Trail Mix Fruit Milk

CHOICE OF FRUITS

Apples, oranges, pears, cantaloupe, bananas, grapes, blueberries, strawberries, watermelon, frozen berries

CHOICE OF VEGETABLES

Cauliflower, celery, snap sugar peas, cucumber, broccoli, green spring vegetables, lettuce, carrots, avocado, frozen veggies.