

B-Smart Daycare Menu

Week 1 - Seasonal Fruits & Vegetables and based on market availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack 9:00 9:30	Cereal & Milk Fresh Fruits	Whole Wheat Grain Toast with Butter and Jam Milk	Cereal & Milk Fresh Fruits	Oatmeal Muffins Fresh Fruits Milk	Cereal & Milk Fresh Fruits
Lunch 11:30 12:00	Rice & Chicken with Homemade Creamy Sauce Seasonal Salad Water	Spaghetti & Ground Beef with Marinara Sauce Fresh Veggies Water	Hot Dog with Whole Wheat Buns Fresh Veggies Water	Homemade Mac & Cheese & Chicken Breast Fresh Veggies Water	Beef /Cheese/Herb Pies Fresh Veggies Water
PM Snack 3:00 3:30	Vanilla Cookies Fresh Fruit Water	Pita & Soft Cheese Fresh Fruit Water	Oatmeal Mixed in Fruit Yogurt Fresh Fruits Water	Seasonal Vegetables & Dip Crackers Water	Ice Cream Fresh Fruit Water

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Week 2 - Seasonal Fruits & Vegetables and based on market availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack 9:00 9:30	Cereal & Milk Fresh Fruits	Whole Wheat Grain Toast with Butter and Jam Milk	Cereal & Milk Fresh Fruits	Oatmeal Muffins Fresh Fruits Milk	Cereal & Milk Fresh Fruits
Lunch 11:30 12:00	Homemade Beef Burger with Whole Wheat Bun Seasonal Salad Water	Spaghetti & Ground Beef with Marinara Sauce Fresh Veggies Water	Hot Dog with Whole Wheat Buns Fresh Veggies Water	Homemade Chicken Vegetable Soup & Grilled Cheese or Tuna Fish Sandwich served on Whole Wheat Bread Fresh Veggies Water	Beef / Cheese/ Herb Pies Fresh Veggies Water
PM Snack 3:00 3:30	Vanilla Cookies Fresh Fruit Water	Pita & Soft Cheese Fresh Fruit Water	Oatmeal Mixed in Fruit Yogurt Fresh Fruits Water	Seasonal Vegetables & Dip & Crackers Water	Ice Cream Fresh Fruit Water

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Week 3 - Seasonal Fruits & Vegetables and based on market availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack 9:00 9:30	Cereal & Milk Fresh Fruits	Whole Wheat Grain Toast with Butter and Jam Milk	Cereal & Milk Fresh Fruits	Oatmeal Muffins Fresh Fruits Milk	Cereal & Milk Fresh Fruits
Lunch 11:30 12:00	Rice & Chicken with Homemade Creamy Sauce Seasonal Salad Water	Spaghetti & Ground Beef with Marinara Sauce Fresh Veggies Water	Hot Dog with Whole Wheat Buns Fresh Veggies Water	Homemade Mac & Cheese with Chicken Breast Bites Fresh Veggies Water	Beef /Cheese/Herb Pies Fresh Veggies Water
PM Snack 3:00 3:30	Vanilla Cookies Fresh Fruit Water	Pita & Soft Cheese Fresh Fruit Water	Oatmeal Mixed in Fruit Yogurt Fresh Fruits Water	Seasonal Vegetables & Dip Crackers Water	Ice Cream Fresh Fruit Water

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Week 4 - Seasonal Fruits & Vegetables and based on market availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack 9:00 9:30	Cereal & Milk Fresh Fruits	Whole Wheat Grain Toast with Butter and Jam Milk	Cereal & Milk Fresh Fruits	Oatmeal Muffins Fresh Fruits Milk	Cereal & Milk Fresh Fruits
Lunch 11:30 12:00	Homemade Beef Burger with Whole Wheat Bun Seasonal Salad Water	Spaghetti & Ground Beef with Marinara Sauce Fresh Veggies Water	Hot Dog with Whole Wheat Buns Fresh Veggies Water	Homemade Chicken Vegetable Soup & Grilled Cheese or Tuna Fish Sandwich served on Whole Wheat Bread Fresh Veggies Water	Beef /Cheese/Herb Pies Fresh Veggies Water
PM Snack 3:00 3:30	Vanilla Cookies Fresh Fruit Water	Pita & Soft Cheese Fresh Fruit Water	Oatmeal Mixed in Fruit Yogurt Fresh Fruits Water	Seasonal Vegetables & Dip Crackers Water	Ice Cream Fresh Fruit Water