

# Our Next Us Childcare, Inc.

## Weekly Meal Plan



|           | BREAKFAST                                | SNACK                                   | LUNCH   | SNACK  |
|-----------|--|---|---|--|
| MONDAY    | English Muffin<br>Raisins<br>Milk        | Pretzel Rods<br>Fruit Juice             | Chicken Patty<br>Mashed Potatoes<br>Mangoes<br>Cookie<br>Milk   | Strawberry Fruit Squeezers<br>Graham Crackers<br>Water |
| TUESDAY   | Oatmeal<br>Strawberries<br>Milk          | Cheese Puffs<br>Fruit Juice             | Beef & Peppers<br>w/ Rice<br>Mandarin Oranges<br>Cookie<br>Milk | Pear Slices<br>Pretzels<br>Water                       |
| WEDNESDAY | Cheerios Cereal<br>Banana Slices<br>Milk | Veggie Straws<br>Fruit Juice            | Corn Dogs<br>Mixed Veggies<br>Peaches<br>Cookie<br>Milk         | Red Seedless Grapes<br>Cheddar Chex<br>Water           |
| THURSDAY  | Wheat Pancakes<br>w/ Blueberries<br>Milk | Granola Bar<br>Fruit Juice              | Meatballs<br>Corn<br>Pineapple Chinks<br>Cookie<br>Milk         | Mango Fruit Squeezer<br>Wheat Crackers<br>Water        |
| FRIDAY    | Cinnamon Pop Tart<br>Bananas<br>Milk     | Cheddar & Monterey Cubes<br>Fruit Juice | Chicken<br>w/ Veggies and Rice<br>Apple Sauce<br>Cookie<br>Milk | Yogurt<br>Pretzels<br>Water                            |