



# WEEKLY MENU 9/18-9/22

	BREAKFAST	LUNCH	PM SNACK
MONDAY	Egg and Cheese Crossaints, Strawberries, Milk	Sunbutter and Jelly Sandwiches, Annies Snacks, Juice/Water	
TUESDAY	Apple Cinnamon Oatmeal, Raisins, Milk	Mac and Cheese, Peas, Oranges, Milk	Cheese and Crackers, Juice/Water
WEDNESDAY	Yogurt, Granola, Berries, Milk	Naan Pizza, Oranges, Milk	Pita Chips, Juice/Water
THURSDAY	Papaya Smoothie, Toast, Milk	Brown Rice with Chicken and Broccoli, Apples, Milk	Fresh Veggies with Dipping Sauce, Juice/Water
FRIDAY	Cheerios, Bananas, Milk	Spaghetti and Meatballs, Zucchini, Plums, Milk	Assorted Snacks, Juice/Water

Infant meals are served in the appropriate sized portions.

Eco-Tots Early Learning Center serves a variety of all natural and organic proteins, grains, fruit, vegetables, juices, and milk.

Eco-Tots reserves the right to modify the menu based on availability of food items.