

Santa Cruz Gardens Children's Center
January 2019

		Tuesday 1/1	Wednesday 1/2	Thursday 1/3	Friday 1/4
am snack			Cereal, fruit and milk	English muffins, sunflower butter and fruit spread	Homemade applesauce bread, fruit and milk
lunch		CLOSED	Cheese pizza on pita bread, fruit, veggie and milk	Chicken nuggets, quinoa, veggie, fruit and milk	Baked tofu, edamame, brown rice, veggies, fruit and milk
pm snack			Sun flower butter, graham crackers and fruit	Fruit/ yogurt smoothies & graham crackers	Cheese slices, whole grain crackers and fruit
	Monday 1/7	Tuesday 1/8	Wednesday 1/9	Thursday 1/10	Friday 1/11
am snack	Yogurt, fruit and granola	Bagels, cream cheese and fruit	Graham crackers, applesauce and milk	Homemade pumpkin bread, fruit and milk	Whole wheat toast, hard boiled eggs and fruit
lunch	Chicken salad, whole wheat bread sandwiches, veggies, fruit and milk	Quesadillas, (cheese and tortillas),veggies, fruit and milk	Scrambled eggs, whole wheat toast,veggies, fruit and milk	Refried beans, flour tortillas, shredded cheese,veggies, fruit and milk	Pasta with meat sauce,veggies, fruit and milk
pm snack	Hummus,veggies and whole grain crackers	Life cereal, milk and craisins	Homemade trail mix, string cheese and fruit	Fig bars, milk and fruit	Rice cakes, cream cheese and veggies
	Monday 1/14	Tuesday 1/15	Wednesday 1/16	Thursday 1/17	Friday 1/18
am snack	Graham crackers, sunflower butter and applesauce	Yogurt, granola and fruit	Waffles, maple syrup,fruit and milk	Cereal, fruit and milk	Belvita, sun flower butter, fruit and milk
lunch	Sliced turkey, sliced cheese, Hawaiian rolls,veggies, fruit, and milk	Baked tofu, brown rice,veggies, fruit and milk	Homemade Mac & cheese,veggies, fruit and milk	Tuna salad, whole wheat crackers,veggies, fruit and milk	Turkey sloppy joes, wheat rolls,veggies, fruit and milk
pm snack	Hardboiled eggs, whole grain crackers and fruit	Bagels, sunflower butter and fruit	Whole grain crackers, string cheese and veggies	Hummus, pita bread, and veggies	Fig bars, milk and fruit
	Monday 1/21	Tuesday 1/22	Wednesday 1/23	Thursday 1/24	Friday 1/25
am snack		Rice cakes, sunflower butter and fruit	English muffins, cream cheese and fruit	Hard boiled eggs, whole wheat toast and fruit	Oatmeal, raisins and milk
lunch	CLOSED	Refried beans & cheese burritos, corn/ flour tortillas,veggies, fruit and milk	Cheese pizza on pita bread,veggies, fruit and milk	Chicken nuggets, quinoa, veggie, fruit and milk	Yogurt, waffles,veggies, fruit and milk
pm snack		Whole grain crackers, sliced cheese and veggies	Belvita crackers and fruit/yogurt smoothie	Veggie straws, fruit and string cheese	Homemade trail mix, yogurt and fruit
	Monday 1/28	Tuesday 1/29	Wednesday 1/30	Thursday 1/31	Friday 2/1
am snack	Waffles, maple syrup, fruit and milk	Yogurt, granola and fruit	Homemade applesauce bread, fruit and milk	Bagels, cream cheese and fruit	Cereal, fruit and milk
lunch	Baked tofu, edamame, brown rice, fruit and milk	Chicken salad, whole wheat rolls,veggies, fruit and milk	Scrambled eggs, shredded cheese, flour tortillas,veggies, milk and fruit	Pasta with meat sauce,veggies, fruit and milk	Sliced turkey, sliced cheese, whole grain crackersveggies, fruit, and milk
pm snack	String cheese, fruit and crackers	Bagels, cream cheese and fruit	Fig bars, fruit and milk	Waffles, sunflower butter and fruit	Pirates booty, fruit and milk

If menu changes it will be posted on the white boards and posted menus in classrooms.