



BCJ Family Childcare

Weekly Menu

Week of 09/11/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Waffle --- Orange Juice --- Milk/W/1%	Cream of Wheat --- Banana --- Milk/W/1%	Cheerios --- Kiwi --- Milk/W/1%	Whole Wheat Toast --- Banana --- Milk/W/1%	Hot Cereal --- Grapes --- Milk/W/1%
LUNCH	Rice --- Black Beans --- Peaches --- Milk/W/1%	Pasta/meat balls/ --- Tomato sauce --- mixed Fruits --- Milk/W/1%	Wheat Bread Chicken Nuggets --- Mixed Veggies --- Orange Slices --- Milk/W/1%	Lentils/ Rice --- Carrots --- Strawberries --- Milk/W/1%	H M Mac& Cheese --- Peas --- Fruit Cocktail --- Milk/W/1%
PM SNACK	Crackers --- Cream cheese --- Banana --- Milk/W/1%	Cheese --- crackers --- Apple --- Milk/W/1%	Yogurt --- Goldfish --- Strawberries --- Milk/W/1%	Cookies --- Hummus --- Fruit Cocktail --- Milk/W/1%	Crackers --- String Cheese Cheese --- Apple Juice --- Milk/W/1%



BCJ Family Childcare

Weekly Menu

Week of 09/04/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Kix Cereal --- Strawberries --- Milk	Blueberry Muffin --- Peaches --- Milk	Cream of Wheat --- Orange Juice --- Milk	Bagel --- Bananas --- Milk	Corn Bread --- Fruit Cocktail --- Milk
LUNCH	Homemade Chicken Noodle Soup --- Cooked Carrots --- Apple Wedges --- Milk	Turkey Sandwich --- Strawberries --- Corn --- Milk	Beef Stew --- Rice --- Bell peppers Pears --- Milk	Chicken nuggets --- Potato Bread --- Broccoli --- Peaches --- Milk	Fish Sticks --- Macaroni & Cheese --- Nectarines --- Cucumbers --- Milk
PM SNACK	Graham Crackers --- Provolone cheese --- Banana --- Milk	Tortilla --- Swiss Cheese --- Banana --- Milk	Cheez-it --- String Cheese --- Strawberries --- Milk	Crackers --- Cottage cheese --- Grapes --- Milk	Rice Cake --- Hummus --- Apple --- Milk



BCJ Family Childcare

Weekly Menu

Week of 08/28/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Pancake --- Banana --- Milk	Corn bread --- Orange juice --- Milk	Blueberries muffins --- Apple --- Milk	Cheerios --- Kiwi --- Milk	Waffles --- Banana --- Milk
LUNCH	Ground Beef ----- Rice --- Corn ----- Grapes --- Milk	Meatballs ----- Spaghetti --- Zucchini ----- Apple ----- Milk	Chicken --- Pita Bread --- Corn --- Mixed Fruits ----- Milk	Cheese Ravioli --- Cooked Carrots --- Fruit Cocktail --- Milk	Cheese Pizza --- Peas --- Applesauce --- Milk
PM SNACK	Banana Bread Ricotta Chesse --- Apple Juice --- Milk	Crackers --- Yogurt --- Strawberries --- Milk	Rice cake --- Cream Cheese --- Kiwi --- Milk	Goldfish --- American Cheese --- Banana --- Milk	English Muffins --- Provolone Cheese --- Orange Juice --- Milk



BCJ Family Childcare

Weekly Menu

Week of 08/21/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Toast --- Strawberry Jam --- Milk	Pancake --- Blueberry --- Milk	Muffin --- Fruit Cocktail --- Milk	Bagels --- Raisins --- Milk	Oatmeal --- Apple --- Milk
LUNCH	Provolone Cheese --- Sub roll --- Carrots --- Watermelon --- Milk	Cheese Pizza --- Corn --- Tomato --- Milk	Chicken breast --- Quinoa --- Strawberries --- Broccoli --- Milk	Sausage --- Croissant --- Broccoli --- Banana --- Milk	Mac & Cheese --- Mixed Veggies --- Carrot --- Milk
PM SNACK	Crackers --- Cottage Cheese --- Banana --- Milk	Rice Krispy --- Yogurt --- Watermelon --- Milk	Hummus --- Crackers --- Banana --- Milk	Cottage cheese --- Crackers --- Strawberries --- Milk	Cookies --- String cheese --- Apple --- Milk



BCJ Family Childcare

Weekly Menu

Week of 08/14/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Corn Meal --- Apple Wedges --- Milk	English Muffin --- Pears --- Milk	Waffles --- Orange Juice --- Milk	Cherrios --- Plums --- Milk	Croissants --- Bananas --- Milk
LUNCH	Chicken Nuggets --- Corn --- Pears --- Milk	Quesadilla --- Cauliflower --- Orange Wedges --- Milk	Fish Sticks --- Rice --- Peas & Carrots --- Crescent Rolls --- Milk	Tuna Salad Sandwich --- Cucumbers --- Nectarines --- Milk	Chicken --- Corn --- Grapes --- Rice --- Milk
PM SNACK	Hummus Sandwich --- Grapes --- Milk	Cheddar Cheese --- Ritz Crackers --- Banana	Bread --- Ham --- Plums --- Milk	Yogurt --- Strawberry --- Crackers --- Milk	Cheerios --- String cheese --- Apple Cider --- Milk



BCJ Family Childcare

Weekly Menu

Week of 08/08/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Banana Bread --- Banana --- Whole/1% Milk	Blueberry Muffins --- Blueberry --- Whole/1% Milk	Cheerios --- Apples --- Whole/1% Milk	Bagel --- Raisins --- Whole/1% Milk	Pancakes --- Kiwi --- Whole/1% Milk
LUNCH	Chicken Nuggets ---- Crackers --- Tomato --- Kiwi --- Whole/1% Milk	Beans --- Rice --- Red peppers --- Peaches --- Whole/1% Milk	Turkey --- Rice --- Broccoli --- Strawberry --- Whole/1% Milk	Beef stew --- Rice --- Zucchini --- Banana --- Whole/1% Milk	Fish sticks --- Crackers --- Mixed Veggies --- Apples --- Whole/1% Milk
PM SNACK	Goldfish ---- Yogurt --- Peaches --- Whole/1% Milk	Crackers --- Hummus ---- Strawberry --- Whole/1% Milk	Granola Bar --- Cheese spread ---- Banana --- Whole/1%Milk	Crackers --- Mozzarella cheese --- Orange Juice --- Whole/1%Milk	Bread Stick ---- String Cheese --- Apple Juice --- Whole/1% Milk

