



sweet kiddles[®]
flexible childcare center

Week of:

Avon Lake: Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Cereal Fruit Milk	Pancakes Fresh Fruit Milk	Toast with Jelly Berries Milk	Cereal ½ Banana Milk	Oatmeal Fresh fruit Milk	
AM Snack	Cheese Sticks And Crackers	Muffins Fresh Fruit	Cheerios with Fresh Fruit Milk	Grahams Raisins/fruit	Apple slices or apple sauce Peanut Butter	Chef's Choice Snack
Lunch	Chicken Nuggets Buttered Bread Corn Fresh Fruit Milk	Swedish Meatballs Noodles Green beans Applesauce Milk	Ham and Cheese Sliders Fresh Veggies Fresh Fruit Milk	Taco Meat and Cheese Turnovers Broccoli Fresh Fruit Milk	Cheese Pizza Calzones Mixed Veggies Fresh Fruit Milk	Chef's choice Protein Grain Vegetable Fruit Milk
PM Snack	Trail Mix	Fruit and Cheese Kabobs	Cheese Itz Milk	Salsa/Gauc. and Chips	Popcorn / Puffs Raisins/fruit	Pretzels Cheese sticks
Evening Snack	Graham Crackers Raisins	Veggie Straws Fresh Fruit	Animal Cracker Fruit	Celery Raisins Peanut Butter	Yogurt with Fruit and Granola	Graham crackers Fruit



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Week of: _____

Hudson: Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Cereal Banana Milk	Pancakes Pears Milk	Fruit Bars Milk	Pancakes Peaches Milk	Raisin Bread Oranges Milk	
AM Snack	Goldfish Mixed Fruit	Animal Crackers Yogurt	Pretzels and Raisins	Mini Muffins Milk	Teddy Grahams Cheese Stick	Graham Crackers Milk
Lunch	Ham and Cheese Sliders Tater Tots Apple Slices Milk	Fish Sticks Green Beans Applesauce Milk	Peanut Butter and Jelly Sandwich Applesauce Peas Milk	Macaroni and Cheese Broccoli Mixed Fruit Milk	Cheese Quesadillas Green Beans Pears Milk	Chef's choice Protein Grain Vegetable Fruit Milk
PM Snack	Veggie Straws Milk	Wheat Crackers Cheese Cubes	Cheez-Its Milk	Fresh Veggies w/ Ranch Milk	Yogurt Granola	Fresh Veggies w/ Ranch Milk
Evening Snack	Granola Bar Milk	Graham Crackers Milk	Cheez-It's Milk	Tortilla Chips Salsa	Puffed Corn Raisins	Granola bar Fresh fruit



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Week of:

Medina: Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Cheerios Fresh Fruit Milk	Yogurt and Banana Milk	Waffles w/syrup Fresh Fruit Milk	Raisin Bread Fresh Fruit Milk	Life Cereal Fresh Fruit Milk	
AM Snack	Cereal Bar Milk	Animal Crackers Fresh Fruit	Granola Bars Milk	Fresh Fruit Cheese Stick	Teddy Grahams Milk	
Lunch	Cheese Ravioli Mixed Veggies Peaches Milk	Chicken Alfredo Broccoli Fresh Fruit Milk	French Toast Sausage Carrots Applesauce Milk	Chicken Patty on a Bun Green Beans Fresh Fruit Milk	Soft Tacos Corn Sour Cream Pineapple Milk	
PM Snack	Mini Cheese Cracker Sandwiches 100% Fruit Juice	Cucumbers w/Ranch	Corn Chips and Salsa	Yogurt Parfait with Granola	Cheese Popcorn Milk	
Evening Snack	Granola Bar Milk	Rice Cakes 100% Fruit Juice	Veggie Straws Milk	Cheese Crackers 100% Fruit Juice	Popcorn 100% Fruit Juice	



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Week of:

Strongsville: Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Cereal Fruit Milk	Waffle Fruit Milk	French toast Fruit Milk	Pancake Fruit Milk	Cereal Fruit Milk	
AM Snack	Animal crackers Fruit	Teddy Grahams Milk	Veggie straws Milk	Granola bar Milk	Cheez It's Raisins	
Lunch	Meatball sub Vegetable Fruit Milk	Sweet & sour Chicken Rice Vegetable Fruit Milk	Cheese Ravioli Vegetable Fruit Milk	PB & J Vegetable Fruit Milk	Fish sticks Vegetable Fruit Milk	
PM Snack	Apples (Crackers) Peanut butter	Popcorn (Puffs) Milk	Pretzels (Vanilla wafers) Raisins	Cereal mix Juice	Animal crackers Yogurt	
Evening Snack	Granola Bar Milk	Pretzels Raisins	Animal Crackers Milk	Vanilla Wafers Milk	Peanut Butter Crackers Milk	



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Week of:

UC: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Pancake and Sausage Milk	Muffins Fruit Milk	Yogurt and Fruit Milk	French Toast Fruit Milk	Peanut Butter Toast Fruit Milk	
AM Snack	SK Trail Mix Milk	Fresh Fruit Salad Milk	Veggie Straws Milk	Popcorn/Puffs Milk	Fresh Veggies with Dip Milk	
Lunch	Turkey and Cheese Rollup Yogurt Fresh Fruit Cucumbers Milk	Mac and Cheese Broccoli Fresh Fruit Milk	Mini Meatloaf Buttered Bread Corn Fruit Milk	Scrambled Egg Hashbrowns Pears Toast Milk	Baked Chicken Rice Green Beans Fresh Fruit Milk	
PM Snack	Applesauce/ Sliced Apples Milk	String Cheese Pretzels Milk	Fruit Muffins and Milk	Fresh Fruit Salad Milk	Cheese and crackers Milk	
Please pack a dinner if staying past 6:30pm.						