



**sweet kiddles**<sup>®</sup>  
flexible childcare center

Week of:

Avon Lake: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>	Fresh Fruit Cereal Milk	Nutri-grain bar Fruit Milk	Fresh Fruit Muffin Milk	Waffles Fruit Milk	Fresh Fruit Yogurt Milk	
<b>AM Snack</b>	Pretzels Cheese sticks	Animal Crackers Raisins	Goldfish Apple slices	Hummus Pita Crackers	Veggie Straws Fruit	Chef's Choice Snack
<b>Lunch</b>	Turkey & cheese with Crackers Carrots(raw or steamed) Apples or Applesauce Milk	Mac and Cheese Peas Fresh Berries Milk	Breaded Chicken Sandwich Corn Fresh Melon Milk	Breakfast Burritos Green Beans Applesauce Milk	Texas Toast Pizza Salad with dressing/greens Pineapple Milk	Chef's choice Protein Grain Vegetable Fruit Milk
<b>PM Snack</b>	Cheez-its Raisins	Cheese and Crackers	Nila Wafers ½ banana	Popcorn or puffs Yogurt	Graham Crackers Peanut Butter	Cheese sticks Apple slices
<b>Evening Snack (if here after 7pm)</b>	Veggie Crackers Raisins	Graham Crackers Milk	Popcorn Raisins	Pretzels Cheese stick	Cottage Cheese Oranges	Granola bar Fresh fruit



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Week of:

Hudson: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>	Fresh berries Biscuits with jelly Milk	Cereal Banana Milk	Wheat toast with butter Oranges Milk	Pancakes Pears Milk	Wheat bagels with cream cheese Peaches Milk	
<b>AM Snack</b>	Milk Graham Crackers	Vanilla Wafers Yogurt	Cottage Cheese Fresh Fruit	Cereal bars Milk	Animal crackers Pears	Granola Bars Milk
<b>Lunch</b>	Turkey & cheese sandwiches Carrots Apples Milk	Chicken Nuggets Applesauce Corn Milk	Garlic Bread Pizzas Peas Pears Milk	Cheesy Chicken and Rice Broccoli Pineapple Milk	Chicken Patty Sandwich Broccoli Oranges Milk	Chef's choice Protein Grain Vegetable Fruit Milk
<b>PM Snack</b>	Salsa & tortilla chips	Fresh Veggies w/ Ranch Milk	Celery Peanut Butter Raisins	Pita Bread Hummus	Trail mix	Cheese sticks Apple slices
<b>Evening Snack</b>	Pretzels Raisins	Veggie Straws Milk	Cheese Sticks Wheat Crackers	Vanilla Wafers Oranges	Pretzels Raisins	Granola bar Fresh fruit



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Week of:

Medina: Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>	Cheerios Fresh Fruit Milk	Yogurt and Banana Milk	Pancakes w/syrup Fresh Fruit Milk	Raisin Bread Fresh Fruit Milk	Kix Cereal Fresh Fruit Milk	
<b>AM Snack</b>	Goldfish 100% Fruit Juice	Granola Bars Milk	Cheese Crackers Fresh Fruit	Cereal Bars Milk	Ritz Crackers Apples	
<b>Lunch</b>	Texas Toast Pizza Corn Pineapple Milk	Ham and Cheese Croissants Peas Peaches Milk	Spaghetti and Meat Sauce Green Beans Fresh Fruit Milk	Pierogies Mixed Veggies Applesauce Milk	Macaroni and Cheese California Blend Fresh Fruit Milk	
<b>PM Snack</b>	Wheat Crackers Cheese Slices	Mini Cheese Cracker Sandwiches Milk	Graham Crackers Strawberry Cream Cheese	Blueberry Muffins Milk	Cheese Popcorn Milk	
<b>Evening Snack</b>	Animal Crackers 100% Fruit Juice	Cheese Popcorn Milk	Ritz Crackers Cheese Stick	Vanilla Wafers 100% Fruit Juice	Popcorn 100% Fruit Juice	



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>	Cereal Fruit Milk	Waffle Fruit Milk	French toast Fruit Milk	Pancake Fruit Milk	Cereal Fruit Milk	
<b>AM Snack</b>	Granola bar Milk	Vanilla wafers Yogurt	Cereal bar Milk	Goldfish Raisins	Veggie straws Milk	
<b>Lunch</b>	Sandwich Vegetable Fruit Milk	Chicken Nuggets Vegetable Fruit Milk	Mac & Cheese Vegetable Fruit Milk	Pizza Vegetable Fruit Milk	Waffle Sausage Hash browns Fruit Milk	
<b>PM Snack</b>	Graham crackers Peanut butter	Popcorn (Puffs) Milk	Cheese & Crackers	Cheese sticks Fruit	Cereal mix Milk	
<b>Evening Snack</b>	Pretzels Milk	Teddy Grahams Milk	Animal Crackers Milk	Veggie Straws Milk	Popcorn Milk	



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Week of:

UC: Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>	Apples Yogurt Milk	French Toast Fruit Milk	Waffles Fruit Milk	Cheese Stick Peanut Butter Toast Milk	Nutrigrain Bar Milk Fruit Milk	
<b>AM Snack</b>	SK Trail Mix Milk	Vanilla Wafers ½ Banana Milk	Fresh Fruit Salad Milk	Cottage Cheese/Fruit Milk	Fresh Veggies and Dip Milk	
<b>Lunch</b>	Grilled Cheese Peaches Green Beans Milk	Pizza Tossed Salad Fresh Fruit Milk	PB and Jelly Rollup Cooked Carrots Applesause Milk	Pasta/Meatballs Peas Pineapple Milk	Chicken Nuggets French Fries Fresh Fruit Milk	
<b>PM Snack</b>	Pretzels/ Raisins/Dried Fruit Milk	Banana Bread Milk	Yogurt/Graham Crackers Milk	Fruit Muffins Milk	SK Trail mix Milk	

**Please pack a dinner if staying past 6:30pm.**