



# sweet kiddles<sup>®</sup>

flexible childcare center

Week of:

Avon Lake: Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>	Oatmeal Raisins Milk	Pancakes Apples Milk	Cereal ½ Banana Milk	Yogurt with Granola Fresh Fruit Milk	Waffles w/ Syrup Oranges Milk	
<b>AM Snack</b>	Flavored Rice Cakes Fresh Fruit	Fresh Berries Graham Crackers	Granola Bars Raisins	Crackers and Cheese Cubes	Muffins Fresh Fruit	Chef's Choice Snack
<b>Lunch</b>	Salami and Cheese Wraps Green Beans Pears Milk	Pasta with Meat Sauce Mixed Veggies Fresh Fruit Milk	Grilled Cheese Peas Fresh Berries Milk	Pancakes Sausage Corn Oranges Milk	Grilled Chicken Alfredo Pasta Broccoli Fresh Melon Milk	Chef's choice Protein Grain Vegetable Fruit Milk
<b>PM Snack</b>	Yogurt Graham Crackers	Nila Wafers ½ Banana	Crackers with pb and jelly	Flavored Rice Cakes Fresh Fruit	Trail Mix Milk	Crunchy yogurt parfait
<b>Evening Snack (if here after 7 pm)</b>	Goldfish Raisins	Veggie Straws Cheese Stick	Tortilla and Hummus	Graham Crackers Applesauce	Wheat Crackers Cheese Cubes	Pretzels Cheese Stick



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Week of:

Hudson: Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>	Cereal Applesauce Milk	Pancakes Banana Milk	Wheat toast with butter Oranges Milk	Egg Patty English Muffin Milk	Waffles Milk ½ Banana	
<b>AM Snack</b>	Yogurt Graham Crackers	Carrots Hummus Milk	Pretzels and Raisins	Cheese Cubes Wheat Crackers	Animal crackers Pears	Cereal Bars Milk
<b>Lunch</b>	Whole Grain Macaroni and Cheese Broccoli Mixed Fruit Milk	Fish Sticks Tater Tots Mixed Veggies Mango Milk	Waffles and Sausage Links Corn Pears Milk	Chicken Tacos Corn Peaches Milk	Beef Lasagna Breadsticks Green Beans Apple Slices Milk	Chef's choice Protein Grain Vegetable Fruit Milk
<b>PM Snack</b>	Goldfish Milk	Animal Crackers String Cheese	Apple Slices Peanut Butter or Yogurt	Carrots Hummus Milk	Trail mix Milk	Cheese sticks Apple slices
<b>Evening Snack</b>	Pretzels Raisins	Veggie Straws Milk	Graham Crackers Milk	Pretzels and Raisins	Cheese and Crackers	Granola bar Fresh fruit



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Week of: \_\_\_\_\_

Medina: Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>	Life Cereal Fresh Fruit Milk	English Muffin w/Jelly Fresh Fruit Milk	Waffles w/syrup Fresh Fruit Milk	Raisin Bread Fresh Fruit Milk	Kix Cereal Fresh Fruit Milk	
<b>AM Snack</b>	Popcorn Milk	Animal Crackers Fresh Fruit	Vanilla Wafers 100% Fruit Juice	Fresh Fruit Cheese Stick	Goldfish 100% Fruit Juice	
<b>Lunch</b>	Chicken Nuggets Buttered Noodles Green Beans Fruit Cocktail Milk	Meatball Subs Mixed Vegetables Fresh Fruit Milk	Mexican Rice Pineapple Corn Milk	Grilled Cheese Broccoli Applesauce Milk	Sloppy Joes Mixed Veggies Fresh Fruit Milk	
<b>PM Snack</b>	Cereal Bars Milk	Pretzels with Ranch Dip	Teddy Grahams Milk	Cheese Crackers 100% Fruit Juice	Rice Cakes Milk	
<b>Evening Snack</b>	Granola Bar Milk	Vanilla Wafers Milk	Veggie Straws Milk	Cheese Crackers 100% Fruit Juice	Popcorn 100% Fruit Juice	



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Week of:

Strongsville: Week 2

	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>	Cereal bar Milk	Teddy Grahams Fruit	Cheez It's Raisins	Pretzels (Cheerios) Fruit	Granola bar Milk	
<b>Lunch</b>	Popcorn chicken bowl Vegetable Fruit Milk	Tacos Vegetable Fruit Milk	Chicken Alfredo Vegetable Fruit Milk	PB&J Vegetable Fruit Milk	BBQ Chicken sandwich Vegetable Fruit Milk	
<b>PM Snack</b>	Yogurt and granola parfait	Cereal mix Juice	Popcorn (Puffs) Milk	Crackers Peanut butter	Cheese cubes Fruit	
<b>Evening Snack</b>	Graham Crackers Milk	Pretzels Milk	Apples Peanut Butter	Vanilla Wafers Milk	Peanut Butter Crackers Milk	



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Week of:

UC: Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>	Yogurt Fresh Fruit Milk	French Toast Sausage Milk	Jelly Toast Fresh Fruit Milk	Cereal Bar Gogurt Milk	Pancakes Fresh Fruit Milk	
<b>AM Snack</b>	SK Trail Mix Milk	Fresh Veggies and Dip Milk	Cheese Sticks Pretzels Milk	Animal Crackers ½ Banana Milk	Popcorn Puffs Milk	
<b>Lunch</b>	Mac and Cheese Peas Carrots Milk	Ham/Turkey, Cheese, Crackers Fresh Fruit Fresh Veggies Milk	Chicken and Rice Green Beans Oranges Milk	French Toast Fresh Fruit Hashbrowns Turkey Sausage Milk	Pizza French Fries Apples/ Applesauce Milk	
<b>PM Snack</b>	Chips/Salsa Puffs Milk	Yogurt and Vanilla Wafers Milk	Fruit Muffins Milk	Mini Bagels with cream cheese Milk	SK Trail mix Milk	

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