Eco Baby Daycare, LLC

All- Natural Foods, Local/Organic as Possible

No Preservatives or High-Fructose Corn Syrup

Local Farm Eggs

Local Milk (Hormone & Antibiotic Free)

April Menu 2016

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| Monday 4/4 | Tuesday 4/5 | Wednesday 4/6 | Thursday 4/7 | Friday 4/8 |
| “Meatless Monday”Breakfast:-Organic Cold Cereal (O’s, Shredded Wheat, Corn Flakes, or Crisp Rice) -Fresh Banana -1% or Whole Milk Lunch:-Roasted Red Pepper Hummus Sandwich on Homemade Wheat Bread-Butternut Squash-Fresh Fruit Selection -1% or Whole Milk Snack:-Hard Boiled Eggs-Fresh Fruit Selection -Water | “Toddler Tuesday”Breakfast:-Homemade, Whole Grain Blueberry Lemon Muffins -Fresh Fruit Selection -1% or Whole Milk Lunch:-Make Your Own Southwest Salad w/ Black Beans, Natural Cheese & Variety of Veggies-Whole Grain Roll-Fresh Fruit Selection-1% or Whole Milk Snack:-Chilled Green Peas-Whole Grain Crackers-Water  | “Warm Up Wednesday”Breakfast:-Organic Oatmeal-Fresh Fruit Selection -1% or Whole Milk Lunch:-Split Pea Soup-Quinoa/Veggie Salad-Fresh Fruit Selection-1% or Whole Milk Snack:-Cucumbers-Natural Cheese Selection -Water | “International Thursday”Breakfast:-Homemade Whole Grain Bread w/ Jam or Sunflower Butter &-Fresh Fruit Selection-1% or Whole Milk Lunch:-Vegetable Korma w/ Chick Peas-Rice-Fresh Fruit Selection-1% or Whole Milk Snack:-Rice Cakes w/ Sunbutter-Water | “Farm Fresh Friday”Breakfast:-Veggie/Egg Frittata or Hard Boiled & -Whole Grain Crackers -Fresh Fruit Selection -1% or Whole Milk Lunch:-Roasted Grass-Fed Beef-Quinoa-Mashed Sweet Potatoes-Fresh Fruit Selection-1% or Whole Milk Snack:-Yogurt Dill Dip-Zucchini Sticks-Rice Crackers-Water |

-Whole Milk given to infants and toddlers under age 2 -1% Milk given to toddlers 2 years and older

-Fresh Fruit Selection can include: Apples, Pears, Bananas, Grape Halves, Oranges, Grapefruits, Peaches, Pineapples, Melons, Avocados, Plums, etc.

-Cold Cereals w/ Milk Always Available for Breakfast

-Soy Nut Butter and Jelly Always Available for Lunch

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| Monday 4/11 | Tuesday 4/12 | Wednesday 4/13 | Thursday 4/14 | Friday 4/15 |
| “Meatless Monday”Breakfast:- Organic Cold Cereal (O’s, Shredded Wheat, Corn Flakes, or Crisp Rice)-Fresh Banana -1% or Whole Milk Lunch:-Lentil Stew-Kale & Apple Salad-Whole Grain Roll-1% of Whole Milk Snack:-Hard Boiled Egg -Apple Slices - Water |  “Toddler Tuesday”Breakfast:-Whole Grain Banana Bread-Fresh Fruit Selection -1% or Whole Milk Lunch:-Make Your Own Egg Salad and Veggie Sandwich on Homemade Whole Wheat-Green Beans-Fresh Fruit Selection -1 % or Whole Milk Snack:-Grape Halves-Whole Grain Crackers -Water | “Warm Up Wednesday”Breakfast:-Organic Oatmeal-Fresh Fruit Selection -1% or Whole Milk Lunch:-White Bean, Chicken, & Veggie Chili-Cornbread-Fresh Fruit Selection1 % or Whole Milk Snack:-Make Your Own Trail Mix w/ Assorted Grains & Dried Fruits -Water  | “International Thursday”Breakfast:-Homemade Whole Grain Bread w/ Jam or Sunflower Butter &-Fresh Fruit Selection -1% or Whole Milk Lunch:-Cuban Picadillo w/ Grass-Fed Beef-Rice-Plantains-Fresh Fruit Selection-1% or Whole Milk Snack:-Super Green Smoothie or Homemade Green Popsicle -Rice Crackers -Water | “Farm Fresh Friday”Breakfast:-Veggie/Egg Frittata or Hard Boiled Egg & -Whole Grain Crackers -Fresh Fruit Selection -1% or Whole Milk Lunch:-Quinoa Caprese Bake w/ Fresh Basil & Mozzarella Cheese-Garden Salad-Fresh Fruit Selection-1% or Whole Milk Snack:- Apple Slices w/ Sunflower Butter -Water |

\*Whole Milk given to infants and toddlers under age 2 1% Milk given to toddlers 2 years and older

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-Cold cereals Always Available for Breakfast

-Soy Nut Butter and Jelly Always Available for Lunch

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| Monday 4/18 | Tuesday 4/19 | Wednesday 4/20 | Thursday 4/21 | Friday 4/22 |
| “Meatless Monday”Breakfast:- Organic Cold Cereal (O’s, Shredded Wheat, Corn Flakes, or Crisp Rice)-Fresh Banana -1% or Whole Milk Lunch:-Portobello Fajitas w/ Cheddar Cheese-Fresh Fruit Selection-1% of Whole Milk Snack:-Hard Boiled Egg -Apple Slices - Water |  “Toddler Tuesday”Breakfast:-Apple Cinnamon Muffins -Fresh Fruit Selection -1% or Whole Milk Lunch:-Olive & Pineapple Pizza -Tossed Salad -Oranges -1% or Whole Milk Snack:-Rice Cakes-Fresh Fruit Selection-Water | “Warm Up Wednesday”Breakfast:-Organic Oatmeal-Fresh Fruit Selection -1% or Whole Milk Lunch:-Potato & Leek Soup-Spring Pasta/Veggie Salad-1% or Whole MilkSnack:-Make Your Own Trail Mix w/ Assorted Grains & Dried Fruits -Water | “International Thursday”Breakfast:-Homemade Whole Grain Bread w/ Jam or Sunflower Butter &-Fresh Fruit Selection -1% or Whole Milk Lunch:-Paella w/ Chicken & Wild Caught Cod-Spanish Brown Rice-Fresh Fruit Selection1% or Whole Milk Snack:-Apples w/-Cheddar Cheese -Water  | “Farm Fresh Friday”Breakfast:-Veggie/Egg Frittata or Hard Boiled Egg & -Whole Grain Crackers -Fresh Fruit Selection -1% or Whole Milk Lunch:-Earth Day Vegetable & Fruit Platter w/ Avocado Hummus & Yogurt Dips-Rice Cakes-Roasted Chick Peas-1% or Whole Milk Snack:-Very Berry Rice Pudding(Dairy Free)-Water |

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-Cold Cereals Always Available for Breakfast

-Soy Nut Butter and Jelly Always Available for Lunch

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| Monday 4/25 | Tuesday 4/26 | Wednesday 4/27 | Thursday 4/28 | Friday 4/29 |
| “Meatless Monday”Breakfast:- Organic Cold Cereal (O’s, Shredded Wheat, Corn Flakes, or Crisp Rice)-Fresh Banana -1% or Whole Milk Lunch:-Creamy Avocado Pasta-Garlicky White Beans-Broccoli-Fresh Fruit Selection-1% or Whole Milk Snack:-Hard Boiled Egg -Apple Slices -Water | “Toddler Tuesday”Breakfast:-Corn Muffins-Fresh Fruit Selection -1% or Whole Milk Lunch:-Make Your Own Black Bean Burrito Bowl w/ Veggies-Brown Rice-Fresh Fruit Selection-1% or Whole Milk Snack:-Organic Yogurt-Fresh Fruit Selection-Water  | “Warm Up Wednesday”Breakfast:-Organic Oatmeal-Fresh Fruit Selection-1% or Whole Milk Lunch:-Roasted Tomato & Basil Soup-Muenster Cheese, Lettuce & Tomato Sandwich on Homemade Whole Grain Bread-1% or Whole Milk Snack:-Make Your Own Trail Mix w/ Assorted Grains & Dried Fruits -Water | “International Thursday”Breakfast:-Homemade Whole Grain Bread w/ Jam or Sunflower Butter &-Fresh Fruit Selection -1% or Whole Milk Lunch:-African Shredded Beef -Sauteed Greens-Couscous-Fresh Fruit Selection-1% or Whole Milk Snack:-Natural Cheese Selection-Fresh Fruit Selection -Water | “Farm Fresh Friday”Breakfast:-Veggie/Egg Frittata or Hard Boiled Egg & -Whole Grain Crackers-Fresh Fruit Selection -1% or Whole Milk Lunch:-Rice & Bean Casserole w/ Cheddar Cheese-Salad-Corn -1% or Whole Milk Snack:-Chilled Steamed Carrots-Rice Crackers -Water |

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Cold Cereals Always Available for Breakfast

Soy Nut Butter and Jelly Always Available for Lunch