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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 Selection  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:  -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

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

-Cold cereals Always Available for Breakfast

-Soy Nut Butter and Jelly Always Available for Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 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:  -Paella w/ Chicken & Wild Caught Cod  -Spanish Brown Rice  -Fresh Fruit Selection  1% 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 |

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 Always Available for Breakfast

-Soy Nut Butter and Jelly Always Available for Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |

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 Always Available for Breakfast

Soy Nut Butter and Jelly Always Available for Lunch