All- Natural Foods, Local/Organic as Possible

No Preservatives or High-Fructose Corn Syrup

Eco Kids: A Natural Childcare Center, LLC.

No Artificial Food Dyes

Local Milk (Hormone & Antibiotic Free)

Rotating Menu

WEEK ONE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
| Breakfast:-Organic Cold Cereal (O’s, Shredded Wheat, Corn Flakes, or Crisp Rice) -Fresh Fruit Selection-1% or Whole Milk Lunch:-Sunbutter & Banana Roll-Up on Whole Wheat Tortilla-Green Beans-Fresh Fruit Selection-1% or Whole Milk Snack:-All-Natural Cheese Cubes-Fresh Apples -Water | Breakfast:-Organic Oatmeal -Fresh Fruit Selection -100% Pure Maple Syrup-1% or Whole Milk Lunch:-Caprese Grilled Cheese on Whole Wheat Bread-Tossed Salad-Fresh Fruit Selection-1% or Whole Milk Snack:-Fruit/Veg Smoothie-Whole Grain Animal Crackers-Water | Breakfast:- Whole Grain Bread with Jam or Sun Butter-Fresh Fruit Selection-1% or Whole Milk Lunch:-Vegetarian Chili-Brown Rice-Red Pepper Slices-Fresh Fruit Selection-1% or Whole Milk Snack:-Fresh Salsa-Whole Wheat Pita -Water | Breakfast:-Boiled Egg or Organic Yogurt -Fresh Fruit Selection-Honey-1% or Whole Milk Lunch:-Veggie-Loaded Whole Wheat Pasta-Mozzarella Cheese-Fresh Fruit Selection-1% or Whole Milk Snack:-Rice Cakes w/ Sunbutter-Fresh Fruit Selection-Water | Breakfast:-Organic Cold Cereal (O’s, Shredded Wheat, Corn Flakes, or Crisp Rice)-Fresh Fruit Selection -1% or Whole Milk Lunch:-Whole Grain Pancakes-Cheese Cubes-Peas-Fresh Fruit Selection-100% Pure Maple Syrup-1% or Whole Milk Snack:-Whole Grain Crackers-Fresh Fruit Selection-Water |

-Whole Milk given to toddlers under age 2 -1% Milk given to children 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

-Sunbutter Butter and Jelly on Whole Grain Bread Always Available for Lunch

WEEK TWO

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| --- | --- | --- | --- | --- |
| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
| Breakfast:-Organic Cold Cereal (O’s, Shredded Wheat, Corn Flakes, or Crisp Rice) -Fresh Fruit Selection-1% or Whole Milk Lunch:-Cold Cheese Pizza w/ Mozzarella Cheese and All Natural Marinara-Carrot Sticks-Fresh Fruit Selection-1% of Whole Milk Snack:-All-Natural Cheese Cubes-Fresh Apples- Water | Breakfast:-Organic Oatmeal -Fresh Fruit Selection -Honey-1% or Whole Milk Lunch:-Broccoli Teriyaki-Brown Rice-White Bean Salad-Fresh Fruit Selection-1% or Whole Milk Snack:-Fruit/Veg Smoothie-Whole Grain Sesame Crackers-Water | Breakfast:- Whole Wheat Toast w/ Jam-Fresh Fruit Selection-1% or Whole Milk Lunch:-Vegetable Soup-Whole Grain Bread-Shredded All-Natural Cheddar-Fresh Fruit Selection1 % or Whole Milk Snack:-Whole Wheat Pita Bread-Hummus -Water  | Breakfast:-Boiled Egg or Organic Yogurt-Fresh Fruit Selection-100% Pure Maple Syrup-1% or Whole Milk Lunch:-Whole Grain Pasta-Mozzarella Cheese-Peas-Fresh Fruit Selection-1% or Whole Milk Snack:-Rice Cakes w/ Sunbutter-Fresh Fruit Selection-Water | Breakfast:-Organic Cold Cereal (O’s, Shredded Wheat, Corn Flakes, or Crisp Rice)-Fresh Fruit Selection -1% or Whole Milk Lunch:-Gouda Grilled Cheese on Whole Grain Bread-Green Beans-Fresh Fruit Selection-1% or Whole Milk Snack:-Whole Grain Crackers-Fresh Fruit Selection-Water |

\*Whole Milk given to toddlers under age 2 1% Milk given to children 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

-Sunbutter Butter and Jelly on Whole Grain Bread Always Available for Lunch

WEEK THREE

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday  | Friday  |
| Breakfast:-Organic Cold Cereal (O’s, Shredded Wheat, Corn Flakes, or Crisp Rice) -Fresh Fruit Selection-1% or Whole Milk Lunch:-Black Bean Sloppy Joes-Whole Grain All-Natural Roll-Red Pepper Slices-Fresh Fruit Selection-1% of Whole Milk Snack:-All-Natural Cheddar Cheese Cubes -Apple Slices - Water | Breakfast:-Organic Oatmeal -Fresh Fruit Selection -100% Pure Maple Syrup-1% or Whole Milk Lunch:-Fresh Veggie Wraps on Whole Wheat Tortilla-Hummus-Fresh Fruit Selection-1% or Whole Milk Snack:-Fruit/Veg Smoothie-12 Grain Crackers-Water | Breakfast:- Whole Grain Bread with Jam or Sun Butter-Fresh Fruit Selection-1% or Whole Milk Lunch:-Tomato Soup-Grilled Cheddar/Muenster Sandwich on Whole Grain Bread-Fresh Fruit Selection-1% or Whole MilkSnack:-Cucumbers-Pretzels-Water | Breakfast:-Organic Yogurt-Fresh Fruit Selection-Honey-1% or Whole Milk Lunch:-Egg Salad-Whole Wheat Bread-Broccoli-Fresh Fruit Selection1% or Whole Milk Snack:-Rice Cakes w/ Sunbutter-Fresh Fruit Selection-Water  | Breakfast:-Organic Cold Ceral (O’s, Shredded Wheat, Corn Flakes, or Crisp Rice)-Fresh Fruit Selection -1% or Whole Milk Lunch:-Spinach & Cheese Quesadilla on Whole Wheat Tortialla-Sautéed Greens-Fresh Fruit Selection-1% or Whole Milk Snack:-Whole Grain Crackers-Fresh Fruit Selection-Water |

Whole Milk given to toddlers under age 2 1% Milk given to children 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

-Sunbutter and Jelly on Whole Grain Bread Always Available for Lunch

WEEK FOUR

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| --- | --- | --- | --- | --- |
| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
| Breakfast:-Organic Cold Cereal (O’s, Shredded Wheat, Corn Flakes, or Crisp Rice) -Fresh Banana -1% or Whole Milk Lunch:-Cream Cheese & Fruit Pinwheels on Whole Wheat Tortilla-Peas-Cheese Cubes-1% or Whole Milk Snack:-All-Natural Cheese Cubes-Apple Slices -Water | Breakfast:-Organic Oatmeal-Fresh Fruit Selection -Honey-1% or Whole Milk Lunch:-Vegetarian Soft Tacos-Loaded Guacamole-Black Beans-Fresh Fruit Selection-1% or Whole Milk Snack:-Fruit/Veg Smoothie -Whole Grain Crackers-Water | Breakfast:-Whole Grain Bread with Jam-Fresh Fruit Selection-1% or Whole Milk Lunch:-Broccoli & Potato Soup-Brown Rice-Cottage Cheese-Fresh Fruit Selection-1% or Whole Milk Snack:-Bean Dip-Whole Wheat Pita-Water | Breakfast:-Boiled Egg or Organic Yogurt-Fresh Fruit Selection-100% Pure Maple Syrup-1% or Whole Milk Lunch:-Vegetable Couscous-Baked Beans-Tossed Salad-Fresh Fruit Selection-1% or Whole Milk Snack:-Rice Cakes w/ Sunbutter-Fresh Fruit Selection-Water | Breakfast:-Organic Cold Cereal (O’s, Shredded Wheat, Corn Flakes, or Crisp Rice)-Fresh Fruit Selection -1% or Whole Milk Lunch:-Sunbutter & Jelly on Whole Grain Bread-Green Beans-Fresh Fruit Selection-1% or Whole Milk Snack:-Whole Grain Crackers-Fresh Fruit Selection-Water |

Whole Milk given to toddlers under age 2 1% Milk given to children 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

Sunbutter and Jelly on Whole Grain Bread Always Available for Lunch