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

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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:  -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 Selection  1 % 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 Milk  Snack:  -Cucumbers  -Pretzels  -Water | Breakfast:  -Organic Yogurt  -Fresh Fruit Selection  -Honey  -1% or Whole Milk  Lunch:  -Egg Salad  -Whole Wheat Bread  -Broccoli  -Fresh Fruit Selection  1% 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