



Menu- Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6:30-8:00 AM	Blueberry Muffins & Banana Slices Milk/Water	Strawberry Yogurt with Granola Milk/Water	Bagel with Grape Jelly Milk/Water	Pancakes with Syrup Milk/Water	Cereal Milk/Water
AM Snack 9:10-9:30 AM	Fresh Fruit Water	Fresh Fruit Water	Fresh Fruit Water	Fresh Fruit Water	Fresh Fruit Water
PM Snack 2:45-3:15	Goldfish Water	Teddy Grahams Water	Chex Mix Water	Animal Crackers Water	Veggie <u>Straws</u> <u>Water</u>

Menu- Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6:30-8:00 AM	Vanilla Yogurt & Strawberries Milk/Water	Chocolate Chip Muffin Milk/Water	Granola Bar w/sliced Bananas Milk/Water	Cinnamon Raisin Bread w/ Butter Milk/Water	Cereal with Milk
AM Snack 9:10-9:30 AM	Fresh Fruit Water	Fresh Fruit Water	Fresh Fruit Water	Fresh Fruit Water	Fresh Fruit Water
PM Snack 2:45-3:15	Cheese Crackers & Water	Pudding Cup & Water	Vanilla Wafers & Water	Cheeto Puffs & Water	Fig Newtons & Water

**Week 1 and Week 2 Menus will rotate*

**Lunch will be provided from home. We encourage parents to send healthy, well rounded meals for lunch time, however JanaMarie's Childcare Center is not responsible for the nutritional value of children's lunches. We will provide milk and water to drink.*