



UnityPoint Health

Meriter

Children's Center

Summer Menu

Week 1

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Morning Snack</u>	Pancakes Applesauce Milk	Oatmeal Bananas Milk	WW English muffin Mixed fruit Milk	Banana Bread Oranges Milk	Waffles Peaches Milk
<u>Lunch</u>	Chicken Parm sliders On WW bun Fruit salad Mixed veggies Milk	Taco salad cheese, lettuce, tomato, sour cream, salsa, flour tortilla Bananas Milk	Cheese Pizza Broccoli Peaches Milk	Fish Tacos Green Beans Mangos Milk	Ham sandwich WW bread Apple slices Carrot sticks Milk
<u>Afternoon Snack</u>	Yogurt Apple slices	Watermelon Goldfish	Cereal mix Raisins **Inf/Todd sub bananas for raisins	Broccoli & Cauliflower Ranch Dip	WW Cinnamon toast Strawberries

Infant/Toddler Substitutions listed in RED