



# UnityPoint Health

Methodist | Proctor

## Child Care

Week of:

<b>Week #1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING SNACK</b> 7:00-7:20 AM	Yogurt Cup Pineapple Water	Graham Crackers Cream Cheese Milk	Animal Crackers Milk	English Muffin Jelly Milk	Pears Cottage Cheese Water
<b>BREAKFAST</b> 9:00 – 9:30 AM	WG Cheerios Apples Milk	Waffles w/Syrup Warm Apples Milk	Mini Bagel Cream Cheese Mandarin Oranges Milk	Banana Bread Applesauce Milk	Kix Cereal Bananas Milk
<b>LUNCH</b> 11:00–12:30 PM	Meat Loaf w/ ketchup on top Green Beans Savory Brown rice Mandarin Oranges Milk	BBQ Chicken Breast Mixed Vegetables Mixed Fruit WG Bun Milk (Please send Bagels for Wednesday)	Sliced Ham Macaroni/Cheese Italian Blend Peaches Milk (Please send English muffins and banana bread for Thursday)	Chicken Teriyaki Strips Cheesy Brown rice Peas Pineapple Milk	Crispy Cod WG Bun Carrots-steamed Tartar Sauce Fresh Fruit Cup Milk (Please send Teddy Grahams for Monday)
<b>AFTERNOON SNACK</b> 2:30-3:30 PM	Pretzels (crackers for infants & toddlers) String Cheese Water	Carrots & Celery sticks (crackers for infants & toddlers) Ranch dressing Milk	WG Honey Oats Belvita Oranges Water	Tortilla Chips Mild Salsa or Picco de Gallo Water	Banana Yogurt Water

Week of:

<b>Week #2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING SNACK</b> 7:00-7:20 AM	Teddy Grahams Milk	Cottage Cheese Sliced Pears Water	Fig Newtons Milk	Yogurt cup Vanilla Wafers Water	English Muffin Jelly Milk
<b>BREAKFAST</b> 9:00 – 9:30 AM	WG Cheerios Apples Milk	French Toast/Syrup Warm Apples Milk	Mini Bagel Cream Cheese Fresh fruit cup Milk	Raisin Toast/Butter Pears cup Milk	Kix Cereal Bananas Milk
<b>LUNCH</b> 11:00–12:30 PM	Hamburger WG Bun Steak Fries Apple Milk	Mozzarella Cheese Smoked Ham WG Wrap Fresh Spinach Pineapple Milk Mayonnaise (Please send bagels for Wednesday)	Marinara Meatball Sub Sandwich WG Bun Mozzarella Cheese Green Beans Peaches Milk (Please send raisin bread for Thursday)	Chicken Nuggets Steamed Carrots Brown Rice Pilaf Applesauce Milk (Please send English Muffins for Friday)	Whole Wheat Grilled Cheese Sandwich Broccoli Mandarin Oranges Milk
<b>AFTERNOON SNACK</b> 3:00-3:30 PM	Traditional Hummus Pita Chips (crackers for infants & toddlers) Water	Rice Cakes String Cheese Water	Banana Bread Milk	WG Blueberry Belvita Milk	Animal Crackers Milk

Week of:

<b>Week #3</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING SNACK</b> 7:00-7:20 AM	Yogurt Cup Oranges Water	Raisin Bread Milk	Graham Crackers Cream Cheese Milk	Cottage Cheese Sliced Peaches Water	Vanilla Wafers Banana Water
<b>BREAKFAST</b> 9:00 – 9:30 AM	Kix Cereal Apples Milk	Waffles w/ syrup Warm Apples Milk	Applesauce WG Muffin Milk	Banana Bread Fresh Fruit Cup Milk	WG Cheerios Cereal Mixed Fruit Milk
<b>LUNCH</b> 11:00–12:30 PM	Spanish brown rice with ground beef Tortilla Chips Steamed Carrots Pears Milk (Please send raisin bread for Tuesday)	Barbecue Beans with Diced Ham Corn Bread Green Beans Pineapple Milk (Please send muffins for Wednesday)	Roast Beef Bites & Noodles Steamed Broccoli Fruit Cocktail Milk (Please send banana bread for Thursday)	Crispy Chicken Patty WG Bun Steak Fries Mandarin Oranges Milk (Please send lettuce, tomato, cheese for Friday)	Build Your Own Taco Taco meat Shredded Cheese Lettuce Diced Tomato Taco Shell (soft) Salsa/Sour cream Green Beans Warm Apples Milk (Please send bagels for Monday)
<b>AFTERNOON SNACK</b> 3:00-3:30 PM	WG Honey Oats Belvita Milk	Sliced Turkey WG Bread Butter Water	Pretzels (crackers for infants & toddlers) String Cheese Water	Hummus Fresh Broccoli and Cauliflower (crackers for infants & toddlers) Water	WG Blueberry Muffin Milk



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Week of:

<b>Week #4</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING SNACK</b> 7:00-7:20 AM	Mini Bagel Cream Cheese Milk	Teddy Grahams Milk	Animal Crackers Milk	English Muffin Jelly Milk	Cottage cheese Mandarin oranges Water
<b>BREAKFAST</b> 9:00 – 9:30 AM	WG Cheerios Mandarin oranges Milk	French Toast/Syrup Warm Apples Milk	WG Blueberry Belvita Mixed Fruit Milk	Banana Bread Apple Milk	Mini Bagel Cream cheese Bananas Milk
<b>LUNCH</b> 11:00–12:30 PM	Marinated Grilled Chicken Strips Mozzarella Cheese Pita Pocket Green Beans Fresh Fruit Cup Milk Ranch Dressing (Please send Teddy Grahams for Tuesday)	Chicken Stir Fry w/mixed vegetables Brown rice Pineapple Milk (Please send Belvita for Wednesday)	Sausage Pizza Steamed Carrots Peaches Milk (Please send English muffins and banana bread for Thursday)	Shredded/Chopped BBQ Chicken WG wrap Broccoli Sliced Pears Milk (Please send bagels for Friday)	Lasagna with Marinara Meat Sauce Steamed Cauliflower Breadstick Applesauce Milk
<b>AFTERNOON SNACK</b> 3:00-3:30 PM	Yogurt Cup Apple Slices Water	Fresh Brocc. & Cauliflower (crackers for infants & toddlers) Ranch Dip Cheddar Cubes Water	String Cheese Oranges Water	Hummus Pretzels Water	WG Blueberry Muffin Milk

