



Sissy's Little Lambs Children's Center




Big Kid Menu

Snacks and meals may be modified based on seasonal items and availability. All snacks have fresh produce and whole wheat/whole grain ingredients. If a child has an allergy or sensitivity to a particular food item, or a specific/specialized diet, parents are to provide all snacks and meals.

Morning Snack


	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Yogurt, Granola & Milk	Whole-Grain Cereal, Bananas & Milk 	Cottage Cheese, Melon & Milk	Apple Slices, Cheddar Cheese & Milk	Orange Slices, Whole-Grain, Cereal & Milk
Week 2	Watermelon, Whole-Grain Cereal & Milk	Fruit Salad, Whole-Grain Bagel, Low-Fat Cream Cheese & Milk	Pineapple, Cottage Cheese, & Milk	Berries (under 2 years of age substitute berries with apples), Yogurt & Milk	Whole-Grain, Muffin, Banana & Milk
Week 3	Yogurt, Granola & Milk	Whole-Grain Cereal, Bananas & Milk	Cottage Cheese, Melon & Milk	Apple Slices, Cheddar Cheese & Milk	Orange Slices, Whole-Grain, Cereal & Milk
Week 4 	Watermelon, Whole-Grain Cereal & Milk	Fruit Salad, Whole-Grain Bagel, Low-Fat Cream Cheese & Milk	Pineapple, Cottage Cheese, & Milk	Berries (under 2 years of age substitute berries with apples), Yogurt & Milk	Whole-Grain, Muffin, Banana & Milk

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Lasagna, Carrots, Pineapple & Milk	Grilled Chicken Breast, Whole Wheat Roll, Broccoli, Peaches & Milk	Egg Salad on Whole Wheat Bread, Zucchini Sticks, Fruit Salad & Milk	Hamburger on a Bun, Peas and Carrots Mix, Oranges & Milk 	Pizza, Cucumbers, Apple Slices & Milk
Week 2	Baked Ziti, Cauliflower, Apple Slices & Milk	Roast Beef, Dinner Roll, Summer Squash and Zucchini Mix, Oranges & Milk	Chicken Salad on Whole Wheat Bread, Peppers, Fruit Salad & Milk	Chicken and Biscuits, Broccoli, Applesauce & Milk 	Pizza, Yellow Squash Sticks, Pears & Milk
Week 3	Spaghetti and Meatballs, Broccoli, Pears & Milk 	Roast Pork, Croissant, Peas and Carrots Mix, Applesauce & Milk	Tuna Salad on Whole Wheat Bread, Cucumbers, Fruit Salad & Milk	Chicken Spiedies, Dinner Roll, Summer Squash and Zucchini, Pineapple & Milk	Pizza, Peppers, Peaches & Milk

At the end of the three-week rotation, the menu will begin again at week one.

Afternoon Snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Sugar Snap Peas, Whole-Grain Crackers & Water	Cucumbers, Cheese Sticks & Water	Salsa, Whole-Grain Pretzels & Water	Rice Cakes, Hummus & Water	Peppers, Mozzarella Cheese & Water
Week 2	GuaCamole, Whole-Grain Wheat Thins & Water	Cheddar Cheese, Whole-Grain Crackers & Water	Wheat Thins, Bean Dip & Water 	Peppers, Hummus & Water	Cheddar Cheese, Zucchini Sticks & Water
Week 3	Sugar Snap Peas, Whole-Grain Crackers & Water	Cucumbers, Cheese Sticks & Water	Salsa, Whole-Grain Pretzels & Water	Rice Cakes, Hummus & Water	Peppers, Mozzarella Cheese & Water
Week 4	GuaCamole, Whole-Grain Wheat Thins & Water	Cheddar Cheese, Whole-Grain Crackers & Water	Wheat Thins, Bean Dip & Water	Peppers, Hummus & Water	Cheddar Cheese, Zucchini Sticks & Water