

# Creative Beginnings Child Development Center

Weekly Menu #3  
August 7-11, 2023

Substitutions For  
(Ages 12-24 months)

## Menu

**Monday, August 7, 2023**

**Breakfast:** Cheese Grits, Fresh Orange Slices, Milk                          Mandarin Oranges  
**Lunch:** Chicken & Cheese Quesadilla, Tossed Salad w/ Ranch, Corn, Milk                          Peaches  
**Snack:** Club Crackers, Cheese Slices, Ice Water

**Tuesday, August 8, 2023**

**Breakfast:** WG Croissant, Applesauce, Milk  
**Lunch:** Pork Chop, Snow Peas, Carrots, Brown Rice, Milk  
**Snack:** Yogurt, Peaches, Ice Water

**Wednesday, August 9, 2023**

**Breakfast:** Orange Cranberry Muffin, Pineapple Tidbits, Milk  
**Lunch:** Baked Chicken, Cooked Spinach, Cantaloupe, Buttered Noodles (WG Pasta), Milk  
**Snack:** Cheeze-It Crackers, Cucumber Slices w/ Ranch, Ice Water

**Thursday, August 10, 2023**

**Breakfast:** Graham Crackers, Applesauce, Milk  
**Lunch:** Meatloaf (Ground Beef), Green Beans, Mashed Potatoes, WG Roll, Milk  
**Snack:** Pretzels, Strawberries, Ice Water

**Friday, August 11, 2023**

**Breakfast:** Cheerios, Banana, Milk  
**Lunch:** Turkey, Steamed Broccoli w/ cheese sauce, Sliced Tomato, WG Bread, Milk  
**Snack:** Mozzarella String Cheese, Fresh Apple Slices, Ice Water                          Pears

Substitutions in meat, fruit and vegetables are made for children 12-24 months of age for various reasons including not meeting their nutritional needs, being considered a choking hazard or possibly causing an allergic reaction.

Whole unflavored milk served to children 12 - 23 months. 1% unflavored milk served to children over 2 years old.

Creative Beginnings participates in the school food program.  
This institution is an equal opportunity employer.