**Creative Beginnings**

**Child Development Center**

**Weekly Menu**

**December 18, 2017 Substitutions For**

**Menu (Ages 12-24 months)**

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**Monday, Dec 18, 2017**

**Breakfast: Whole Wheat Toast, Pear, Milk**

**Lunch: Meatloaf, Green Beans, Mashed Potatoes, Milk**

**Snack: Saltine Crackers, Cheese Slices, Ice Water**

**Tuesday, Dec 19, 2017**

**Breakfast: Whole Grain Cheerios, Banana, Milk**

**Lunch: Chicken and Cheese Quesadilla, Lima Beans, Pineapple Tidbits, Milk**

**Snack: Graham Crackers, Vanilla Yogurt, Ice Water**

**Wednesday, Dec 20, 2017**

**Breakfast: Cinnamon Roll, Fresh Orange Slices, Milk (Mixed Fruit)**

**Lunch: Whole Wheat Spaghetti w/ Meat Sauce, Tossed Salad w/ Ranch, Peaches, Milk**

**(Lima Beans)**

**Snack: Cheese-It Crackers, Fresh Apple Slices, Ice Water (Applesauce)**

**Thursday, Dec 21, 2017**

**Breakfast: Oatmeal, Cooked Apples, Milk**

**Lunch: Baked Cod Fish, Green Peas, Corn, Hushpuppies, Milk**

**Snack: Blueberry Muffins, Mandarin Oranges, Ice Water**

**Friday, Dec 22, 2017**

**Breakfast: Buttered Biscuit, Mixed Fruit, Milk**

**Lunch: Cheese Toast on Whole Grain Bread, Tomato Soup w/ Saltines, Celery, Milk (Peas) Snack: Pretzels, White Grape Juice (Assorted Crackers)**

**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 Milk served to children 12 month to 23 months. 1% milk served to children over 2 years old.**

**Creative Beginnings participates in the school food program.**

**USDA is an equal opportunity employer.**