

HOBOKEN DAY CARE 100
Weekly Food Program Menu
 Week of MARCH 16-20, 2020

Whole and 1% milk is served daily with breakfast and lunch.

MONDAY 03/16	TUESDAY 03/17	WEDNESDAY 03/18	THURSDAY 03/19	FRIDAY 03/20
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Whole wheat pancakes and applesauce	Vanilla yogurt and pineapples	Corn muffins with peaches	Whole wheat waffles and mixed fruit (peaches, pears, grapes, pineapple and cherries)	Cheerios with Mandarin oranges
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Ziti macaroni, turkey meatballs in tomato sauce with pears	Mozzarella cheese pizza, string beans and peaches	Chicken quesadilla on multigrain wrap, corn and Mandarin oranges	Beef hamburger on bun, carrots and pineapple	Fish sticks, French fries, sliced whole wheat bread and mixed fruit (peaches, pears, grapes, pineapple and cherries)
SNACK	SNACK	SNACK	SNACK	SNACK
Cheez-It Snack Mix	Saltine crackers with yellow cheese	Ritz crackers with raisins	Goldfish with dried cranberries	Graham crackers with milk