

Winter 2023 Menu Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Bananas Milk	Apple Oatmeal Milk	Muffins Oranges Milk	Banana Bread Smoothies Milk	Fruit Salad Cheese Crackers Milk
Lunch	Grilled Ham/Turkey & Cheese Sandwich Tomato Rice/Lentil Vegetable Soup Milk	Shepherd's Pie Fruit & Veg Plate Milk	Pulled Pork / Chicken Buns, Baked Yams Apples/Oranges Milk	Roast Chicken Rice & Gravy Milk	Spaghetti Bolognese Garlic Bread Milk
PM Snack	Veggie Platter Tortilla Chips & Salsa (Room 1&2 Fruit & Muffins)	Carrots & Apples Pita or Naan Cheese	Rice Cakes Strawberry Cream Cheese Bananas	Veggie Tray Ranch Dip	Trail Mix Fresh Fruit

Follow us on [instagram.com/ICDCMenu](https://www.instagram.com/ICDCMenu) for photos of meals. Water is available to children throughout the day & at all meals. If no beverage is specified the beverage offered will be water. Food may be substituted as necessary & will be noted on the menu & in Hi Mama. Menu alternatives are prepared separately for children with dietary restrictions.

Winter 2023 Menu Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Bananas Milk	Apple Oatmeal Milk	Muffins Oranges Milk	Banana Bread Smoothies Milk	Fruit Salad Cheese Crackers Milk
Lunch	Chicken Salad Sandwiches Potato Corn Soup Milk	Spaghetti Bolognese Garlic Bread Milk	Pizza Veggie Sticks Milk	Waffles & Sausages Applesauce Milk	Chicken Bacon Alfredo Milk
PM Snack	Veggie Platter Tortilla Chips & Salsa (Room 1&2 Fruit & Muffins)	Carrots & Apples Pita or Naan Cheese	Rice Cakes Strawberry Cream Cheese Bananas	Veggie Tray Ranch Dip	Trail Mix Fresh Fruit

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Winter 2023 Menu Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Bananas Milk	Apple Oatmeal Milk	Muffins Oranges Milk	Banana Bread Smoothies Milk	Fruit Salad Cheese Crackers Milk
Lunch	Beef Barley Soup Cheese Sandwiches Milk	Lasagna Garlic Bread Milk	Chili & Cornbread Milk	Chicken Parmesan Milk	Meatballs & Rice Carrots Milk
PM Snack	Veggie Platter Tortilla Chips & Salsa (Room 1&2 Fruit & Muffins)	Carrots & Apples Pita or Naan Cheese	Rice Cakes Strawberry Cream Cheese Bananas	Veggie Tray Ranch Dip	Trail Mix Fresh Fruit

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Winter 2023 Menu Week 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Bananas Milk	Apple Oatmeal Milk	Muffins Oranges Milk	Banana Bread Smoothies Milk	Fruit Salad Cheese Crackers Milk
Lunch	Quesadillas Tomato or Black Bean Soup Milk	Beef Stroganoff Veggie Plate Milk	Pancakes & Bacon Fruit Salad Milk	Greek Chicken Rice & Pita Milk	Sloppy Joes "Home Fries" Milk
PM Snack	Veggie Platter Tortilla Chips & Salsa (Room 1&2 Fruit & Muffins)	Carrots & Apples Pita or Naan Cheese	Rice Cakes Strawberry Cream Cheese Bananas	Veggie Tray Ranch Dip	Trail Mix Fresh Fruit

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