

Winter 2024 Menu Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Pancakes Sausage Blueberries/Apples Milk	Honeydew Melon Yogurt Milk	Cereal Bananas Milk	Banana Bread Yogurt Smoothie Milk	Eggs or Oat Muffins Toast Applesauce Milk
Lunch	Grilled Cheese Sandwiches Tomato Rice Soup Mango Milk	Chicken Tikka Masala Brown Basmati Peaches Milk	Spaghetti & Meatballs Mango Milk	Pizza Caesar / Greek Salad Orange Slices Milk	Chili Casserole Cornbread Topping Bananas Milk
PM Snack	Triscuits Cheese Cubes Seasonal Fruit	Hummus Carrot Sticks Pita Wedges	Carrot Muffins Apples	Turkey Sausage Cheese Cubes Broccoli & Tomato Triscuits	Zucchini Bread Apples

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 2024 Menu Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Pancakes Sausage Blueberries/Apples Milk	Honeydew Melon Yogurt Milk	Cereal Bananas Milk	Banana Bread Yogurt Smoothie Milk	Eggs or Oat Muffins Toast Applesauce Milk
Lunch	Pulled Pork Sandwiches Carrots Mango Milk	Baked Chicken Root Vegetables Garlic Toast Peaches Milk	Hamburgers Mashed Potatoes Green Beans Mango Milk	Pizza Greek Salad Broccoli Orange Slices Milk	Cheddar Perogies Sausage Bananas Milk
PM Snack	Triscuits Cheese Cubes Seasonal Fruit	Hummus Carrot Sticks Pita Wedges	Carrot Muffins Apples	Turkey Sausage Cheese Cubes Broccoli & Tomato Triscuits	Zucchini Bread Apples

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 2024 Menu Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Pancakes Sausage Blueberries/Apples Milk	Honeydew Melon Yogurt Milk	Cereal Bananas Milk	Banana Bread Yogurt Smoothie Milk	Eggs or Oat Muffins Toast Applesauce Milk
Lunch	Lentil Bolognese Mango Milk	Chicken Shawarma Cucumber /Tomato Pita Peaches Milk	Parm Chicken Nuggets Rotini Pasta Mango Milk	Pizza Caesar / Greek Salad Orange Slices Milk	Beefaroni Bananas Milk
PM Snack	Triscuits Cheese Cubes Seasonal Fruit	Hummus Carrot Sticks Pita Wedges	Carrot Muffins Apples	Turkey Sausage Cheese Cubes Broccoli & Tomato Triscuits	Zucchini Bread Apples

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 2024 Menu Week 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Pancakes Sausage Blueberries/Apples Milk	Honeydew Melon Yogurt Milk	Cereal Bananas Milk	Banana Bread Yogurt Smoothie Milk	Eggs or Oat Muffins Toast Applesauce Milk
Lunch	Chicken Quesadilla Mexican Rice Mango Milk	Chicken & Couscous Peaches Milk	Chicken Noodle Soup Grilled Cheese Sandwiches Mango Milk	Pizza Greek Salad Broccoli Orange Slices Milk	Cottage Pie Bananas Milk
PM Snack	Triscuits Cheese Cubes Seasonal Fruit	Hummus Carrot Sticks Pita Wedges	Carrot Muffins Apples	Turkey Sausage Cheese Cubes Broccoli & Tomato Triscuits	Zucchini Bread Apples

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.