

WEEK ONE - MENU



Monday



Tuesday



Wednesday



Thursday



Friday



Morning Snack:

Milk/Water
French Toast

Lunch:

Milk/Water
Raw Vegetables
Homemade Fish
Chowder
Cheese Biscuits
Fruit

Afternoon Snack:

Water
Blueberry Muffins
Fruit

Morning Snack:

Milk/Water
Oatmeal

Lunch:

Milk/Water
Coleslaw
Pancakes
Sausage
Fruit

Afternoon Snack:

Water
Zucchini Bread
Fruit

Morning Snack:

Milk/Water
Tea Biscuits

Lunch:

Milk/Water
Pickles
Grilled Cheese
Sandwiches
Soup
Fruit

Afternoon Snack:

Water
Banana Muffins
Fruit

Morning Snack:

Milk/Water
Cream of Wheat

Lunch:

Milk/Water
Raw Vegetables
Unstuffed Beef
Cabbage Rolls
Rice & Corn
Fresh Bread
Fruit

Afternoon Snack:

Water
Hummus & Pita
Fruit

Morning Snack:

Milk/Water
Cold Cereal

Lunch:

Milk/Water
Raw Vegetables
Chicken Wieners &
Bean Stew
Fresh Bread
Fruit

Afternoon Snack:

Water
Applesauce &
Melba Toast

Testimonial from one
of our Little Gems:

“Daddy, I like Mr. G’s Coleslaw so
much better than yours!”

-Preschooler age 3

WEEK TWO - MENU



Monday



Tuesday



Wednesday



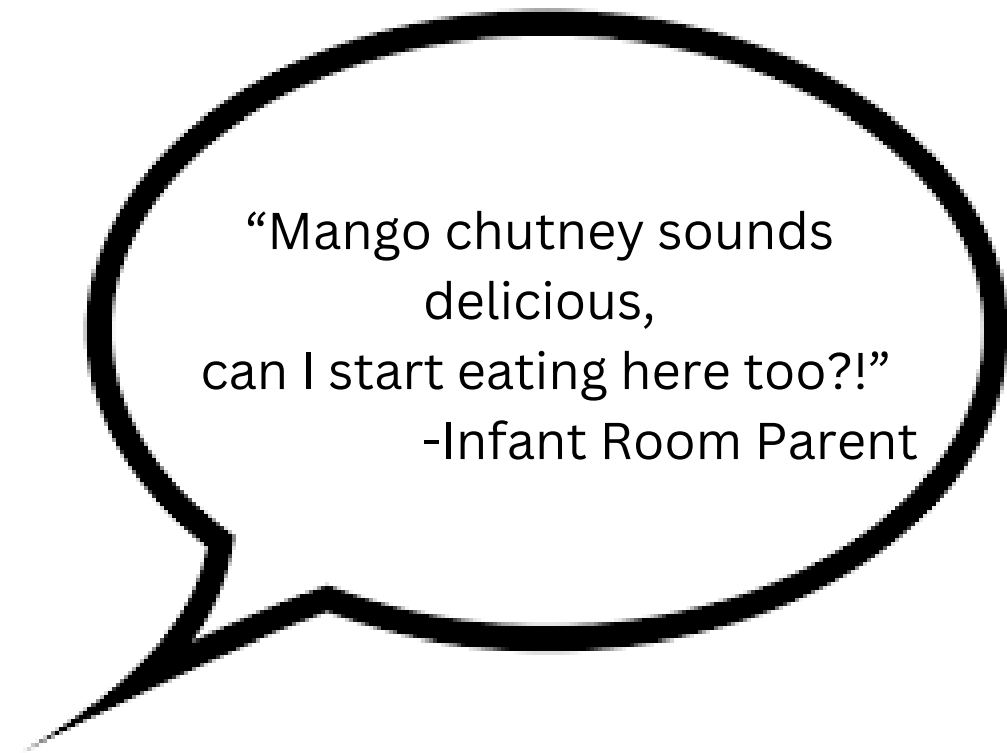
Thursday



Friday



Testimonial from one
of our Parents:



“Mango chutney sounds
delicious,
can I start eating here too?!”
-Infant Room Parent

Morning Snack:

Milk/Water
Cream of Wheat

Lunch:

Milk/Water
Raw Vegetables
Beef Stroganoff
Steamed Green Beans
Dinner Rolls
Fruit

Afternoon Snack:

Water
Veggies & Dip

Morning Snack:

Milk/Water
Muffins

Lunch:

Milk/Water
Tossed Salad
Scrambled Eggs
Home Fries
Toast
Fruit

Afternoon Snack:

Water
Bean Brownies
Fruit

Morning Snack:

Milk/Water
Bagels

Lunch:

Milk/Water
Raw Vegetables
Chicken Pot Pie
Carrots
Fruit

Afternoon Snack:

Water
Banana Muffins
Fruit

Morning Snack:

Milk/Water
Oatmeal

Lunch:

Milk/Water
Coleslaw
Fish & Mango Chutney
Rice
Bread
Fruit

Afternoon Snack:

Water
Hummus & Pita
Fruit

Morning Snack:

Milk/Water
Cold Cereal

Lunch:

Milk/Water
Spaghetti with
Turkey Bacon in
Red Sauce
Dinner Rolls
Fruit

Afternoon Snack:

Water
Cheese & Crackers
Fruit

WEEK THREE - MENU



Monday



Tuesday



Wednesday



Thursday



Friday



Testimonial from one of our Little Gems:

Morning Snack:

Milk/Water
Toast

Lunch:

Milk/Water
Raw Vegetables
Chili Corn Carne
Rice
Pita
Fruit

Afternoon Snack:

Water
Carrot Muffin
Fruit

Morning Snack:

Milk/Water
Cream of Wheat

Lunch:

Milk/Water
Raw Vegetables
White Fish & Noddle
Casserole
Mixed Veggies
Breadsticks
Fruit

Afternoon Snack:

Water
Corn Bread
Fruit

Morning Snack:

Milk/Water
Yogurt

Lunch:

Milk/Water
Tossed Salad
Vegetrian Lasagna
Green Benas
Dinner Rolls
Fruit

Afternoon Snack:

Water
Homemade Oatmeal
Cookies
Fruit

Morning Snack:

Milk/Water
Oatmeal

Lunch:

Milk/Water
Raw Vegetables
Breaded Chicken
Quinoa & Rice
Bean Salad
Fruit

Afternoon Snack:

Water
Scones
Fruit

Morning Snack:

Milk/Water
Cold Cereal

Lunch:

Milk/Water
Raw Vegetables
Lentil & Vegetable Soup
Bread
Fruit

Afternoon Snack:

Water
Hummus & Pita
Fruit

“At My Little Gems, you don’t have to bring your lunch box and I loved it and the rice and chicken!”

-Little Gems Grad Age 5

WEEK FOUR - MENU



Monday



Tuesday



Wednesday



Thursday



Friday



Morning Snack:

Milk/Water
Cream of Wheat

Lunch:

Milk/Water
Raw Vegetables
Potato & Turkey Bacon
Soup
Fruit

Afternoon Snack:

Water
Bean Brownies
Fruit

Morning Snack:

Milk/Water
Oatmeal

Lunch:

Milk/Water
Raw Vegetables
Macaroni & Cheese
Steamed Vegetables
Breadsticks
Fruit

Afternoon Snack:

Water
Veggies & Dip
Fruit

Morning Snack:

Milk/Water
Bagels

Lunch:

Milk/Water
Raw Vegetables
Chicken Cacciatore
Bean Medley
Bread
Fruit

Afternoon Snack:

Water
Muffins
Fruit

Morning Snack:

Milk/Water
English Muffins

Lunch:

Milk/Water
Raw Vegetables
Stewed Hamburger
Mashed Potatoes
Couscous Salad
Bread
Fruit

Afternoon Snack:

Water
Banana Loaf
Fruit

Morning Snack:

Milk/Water
Cold Cereal

Lunch:

Milk/Water
Raw Vegetables
Vegetable Bean Stew
Quinoa & Rice
Bread
Fruit

Afternoon Snack:

Water
Crackers & Cheese
Fruit

Testimonial from one
of our Parents:

“I don’t know how Mr. G does it!
My child never eats this many
vegetables at home!”

-Toddler Parent