



Rainbow's World – Family Child Care  
 “Children Learn by playing”

**MENU**

**WEEK2**

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (8:30-9:00am)	Hot Cereal Milk Bananas	Hot Cereal Milk Apple	Hot Cereal Milk Mixed Fruit	Hot Cereal Milk Peach	Hot Cereal Milk Pineapple
LUNCH OR SUPPER (12:00 M- 1:00 PM)	Turkey Potatoes bread Avocado Lettuce/tomatoes Milk	Beef Tortilla French Fries Green Salad Milk	Chicken Rice Potatoes Carrots Milk	Grounded beef Rice Red beans Broccoli Milk	Cheese Rice Zucchini Apple Milk
PM SNACK (3:15 – 3:30 pm)	Yogurt Cracker Apple	String Cheese Croissant Apple Juice	Muffins Banana Milk	Cheese Tortilla Orange Juice	Cream Cheese Bagel Apple Juice
DINNER (5:45 – 6:15 pm)	Cheese Rice Red beans Platanos Milk	Eggs Rice Avocado Potatoes Milk	Tuna Bread Lettuce Tomatoes Avocado Milk	Cheese Tortilla Lentils Banana Milk	Chicken Nugg Bread Brócoli Mixed salad Milk



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**WEEK 3**

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (8:30-9:00am)	Hot Cereal Milk Watermelon	Hot Cereal Milk Cantaloupe	Hot Cereal Milk Bananas	Hot Cereal Milk Mixed Fruits	Hot Cereal Milk Apple
LUNCH OR SUPPER (12:00 M- 1:00 PM)	Chicken Soup Rice Carrots Broccoli Milk	Fish Rice Mixed salad Avocado Milk	Beef soup Rice Yucca Sweet Potat. Milk	Pork Rice Broccoli Platanos Milk	Chicken Rice Lentils Apple Milk
PM SNACK (3;15 – 3:30 pm)	String Cheese Bread Apple Juice	Yogurt Crackers Cantaloupe	Cheese Tortilla Milk/strawber ry	Mixed fruits Croissant Cheese	Bagel Creamchesses Apple Juice
DINNER (5:45 – 6:15 pm)	Ham Bread Broccoli Apple Milk	Chicken Rice Salad Avocado Milk	Cheese Rice Red beans Green Cabbage Milk	Beef Liver Rice Platanos Red beans Milk	Eggs Tortilla Potatoes Avocado Milk



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**WEEK4**

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (8:30-9:00am)	Hot Cereal Milk Banana	Hot Cereal Milk Cantaloupe	Hot Cereal Milk Peach	Hot Cereal Milk Apple	Hot Cereal Milk Mixed fruits
LUNCH OR SUPPER (12:00 M- 1:00 PM)	Pork Rice Carrots Sweet Potatoes Milk	Grounded Beef Pasta Zucchini Asparagus Milk	Beef Steak Rice Red Beans Broccoli Milk	Chicken Rice Broccoli Carrots Milk	Fish Rice Broccoli Carrots Milk
PM SNACK (3;15 – 3:30 pm)	Yogurt Bread Strawberries	String Chesse Bread Apple Juice	Muffins Mixed Fruits	Goldfish Cracker Yogurt Mixed Fruits	Cheese Tortilla Apple Juice
DINNER (5:45 – 6:15 pm)	Chicken Nugge Bread Apple Mixed salad Milk	Sausage Hot Dog Bread Avocado Mixed Salad Milk	Cheese Rice Red Beans Platano Milk	Tuna White bread Apple Banana Milk	Chicken Rice Broccoli Watermelon Milk



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**WEEK 5**

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> (8:30-9:00am)	Hot Cereal Milk Mixed fruits	Hot Cereal Milk Bananas	Hot Cereal Milk Apple	Hot Cereal Milk Cantaloupe	Hot Cereal Milk Orange
<b>LUNCH OR SUPPER</b> (12:00 M-1:00 PM)	Beef Steak Rice Carrots Broccoli Milk	Cheese Rice Red Beans Platano Milk	Chicken Rice Potatoes Carrots Milk	Salmon Rice Platano Carrots Milk	Pork Rice Potatoes salad Red Beans Milk
<b>PM SNACK</b> (3;15 – 3:30 pm)	Mozzarella cheese Potatoes bread Apple Juice	String Cheese Crackers Orange Juice	Yogurt Mixed Fruits	Cheese Tortilla Cantaloupe	Croissant Orange Juice
<b>DINNER</b> (5:45 – 6:15 pm)	Eggs Rice Red beans Platano Milk	Chicken Nugg Tortilla Green Salad Peach Milk	Beef liver Rice Red Beans Avocado Milk	Cheese Rice Lentils Banana Milk	Ham Bread Broccoli Apple Milk



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