

Cristo's Kitchen's Launch & Learn Daycare Menu

		NUMBER OF MEALS	NUMBER OF MEALS	NUMBER OF MEALS	NUMBER OF MEALS	NUMBER OF MEALS
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	BREAKFAST	Cereal with milk Craisins	Pancakes with syrup (whole wheat flour, egg, milk, vegetable oil, sugar, baking powder, salt, Chef Cristo's vanilla extract) <u>Woburn Location ONLY</u> Banana muffins (whole wheat flour, egg, bananas, sugar, baking powder, baking soda, butter, milk, Chef Cristo's vanilla extract, salt) <u>Medford Location ONLY</u> Pear slices	English muffins with jam (contains wheat) Mixed fruit	Whole wheat mini bagel with cream cheese (contains wheat, corn meal, and soy) Berries	Waffles with cinnamon butter (whole wheat flour, egg, milk, vegetable oil, sugar, baking powder, salt, cinnamon, Chef Cristo's vanilla extract) Mixed fruit
	LUNCH	Grilled cheese and pepper slices (contains dairy, wheat, corn starch, and soy) <u>Woburn Location ONLY</u> Grilled cheese and black beans <u>Medford Location ONLY</u> Pineapple	Bagel pizza and corn (contains wheat, soy, corn meal, dairy) <u>Woburn Location ONLY</u> Bagel pizza and roasted cauliflower <u>Medford Location ONLY</u> Apple	Pasta and meatballs with tomato sauce Vegetarian Alt: Pasta & veggie meatballs with tomato sauce Roasted carrots Oranges	Ravioli with butter & side of peas <u>Woburn Location ONLY</u> Ravioli with butter & side of roasted carrots & cauliflower <u>Medford Location ONLY</u> Pears	Fish sticks w/tartar sauce & mixed veggies, and mango <u>Woburn Location ONLY</u> Ground turkey tacos with soft shells & corn chips with salsa, and pineapple (ground turkey, onions, peppers, garlic - toppings: shredded lettuce, shredded cheese, diced tomatoes) <u>Medford Location ONLY</u> Vegetarian Alt: Tofu Tacos
	PM SNACK	Whole wheat crackers (contains wheat, brown rice, and soy) Cheese sticks	Goldfish Craisins	Pirate Booty Grapes	Cheeze Its Raisins	Graham crackers Oranges

Weekly Numbers

WOBURN	Regular					
	Vegetarian					
	TOTAL					
MEDFORD	Reg Fl 1					
	Reg Fl 2					
	Veg Fl 1					
	Veg Fl 2					
	TOTAL					