

## Cristo's Kitchen's Launch & Learn Daycare Menu

NUMBER OF MEALS

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1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal with milk  Peaches	Scrambled eggs (egg, milk, salt, black pepper) <b>Woburn Location ONLY</b>  Cold Oatmeal (milk, fruit, oats blended together) <b>Medford Location ONLY</b>  <b>Vegetarian Alt: Toast &amp; Jam</b>  Turkey bacon & Melon	Yogurt cup variety  Cheerios	Chicken Apple Sausage (CHICKEN, DRIED APPLES, SALT, FRUIT JUICE CONCENTRATE (APPLE, PINEAPPLE, PEAR, AND PEACH), SPICES AND CELERY POWDER)  French toast sticks with syrup  Craisins	Whole wheat mini bagel with cream cheese (contains wheat, corn meal, and soy)  Melon
LUNCH	Whole wheat ham sandwich with cheese (bread contains wheat and soy)  <b>Vegetarian Alt: Sunbutter &amp; Jelly Sandwich</b>  Cucumber slices  Melon	Chicken fingers with ranch dressing  <b>Vegetarian Alt: Chickpea nuggets with ranch dressing</b>  Broccoli  Apple	Shepherds Pie (potatoes, butter, onion, carrots, peas, ground beef, beef broth, Worcestershire sauce, salt, pepper, other seasoning)  <b>Vegetarian Alt: Black Bean Burger</b>  White Dinner roll  Mixed fruit	Whole wheat mac and cheese, and sliced cherry tomatoes (contains wheat and dairy) <b>Woburn Location ONLY</b>  Whole wheat mac and cheese, and green beans <b>Medford Location ONLY</b>  Banana	Turkey Hot Dogs & Rolls with ketchup  <b>Vegetarian Alt: Tofu Dog</b>  Roasted sweet potato  Oranges
PM SNACK	Pirate's Booty  Juice	Pretzels  Oranges	Nutrigrain bars  Grapes	Applesauce  Graham Crackers	Goldfish  Craisins

### Weekly Numbers

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