READY SET GROW CHILD DEVELOPMENT CENTER

Weekly Menu Sample

Breakfast

* Oatmeal & Blueberries
* Granola & Pears
* Scrambled Eggs & Orange Slices
* Bagel & Peaches
* Cheerios Cereal

Lunch

* Ravioli & Spinach Salad
* Cheese or Veggie Burger\* with Broccoli & Potato Wedges
* Chicken Breast with Brown Rice & Greens Beans
* BBQ Chicken or Sun Butter & Jelly Sandwich\*\* with Green Beans & Corn
* Fish Sticks or Grilled Cheese\* with Cucumbers & Apples

Afternoon Snack

* Hummus & Pita Bread
* Bananas & Yogurt
* Celery Sticks & Cheese Cubes
* Cheese Crackers
* Sun Butter & Jelly Sandwich\*\*