



Lil' Alpacas Childcare Example

Menu:

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Toast, Banana, milk	Yogurt with Scones, fresh Fruit, and milk	English Muffins with butter and jam, Bananas, and milk	Cereal with milk, apple slices	Pancakes, Fresh fruit, milk
Lunch	Cheese Tortellini in a Veggie pasta sauce	Chicken Nuggets, fries, Veggie sticks	Beef or veggie tacos, fresh cut vegetables	Cheese and potato perogies, with farmer sausage and fresh veggies	Grilled Cheese Sandwiches With tomato soup
Afternoon Snack	Goldfish Crackers, Veggie Sticks w/dip	Whole wheat Muffins, Apple and Orange slices	Applesauce, Crackers, Fresh fruit	Crackers, Cheese, Deli meat, Veggie sticks w/dip	Fresh fruit, Veggie sticks w/dip, Fresh buns

All hot lunches can have a vegetarian option, as well as dairy free, and gluten sensitive. We are unable to offer gluten free options at this time.