

# The Reef Café



<b>Week 1</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>
<b>Monday</b>	Kix Cereal Tropical Fruit Milk	Chicken Noodle Soup with WG Noodles and Mixed Vegetables Crackers Mandarin Oranges Milk	Soft Pretzels with Cheese Dip Apples <i>Toddlers: graham crackers and applesauce</i>
<b>Tuesday</b>	Waffles Mixed Berries Cool Whip Milk	Meatball Subs on WG Bun with Cheese Corn Grapes Milk	Cucumber Slices With Ranch Dip Ritz Crackers <i>Toddlers: Ritz crackers and mixed fruit</i>
<b>Wednesday</b>	Scrambled Eggs WG toast Pineapple Milk	Fish Sticks Tater Tots WG Bread Mixed green salad w/ Italian Dressing Milk	Animal Crackers Bananas
<b>Thursday</b>	Bagels with Cream cheese Peaches Milk	Chicken Tacos with lettuce, tomatoes and cheese Black Beans and Rice Apricots Milk	String Cheese Wheat Thins <i>Toddlers: String cheese and pita bread</i>
<b>Friday</b>	Biscuit with Jelly Bananas Milk	Ground Beef WG Spaghetti Garlic Bread Broccoli Pineapple Milk	Blueberry Muffins Applesauce

WG= whole grain

Milk Substitutes are available upon request

Water is available to the children

Whole Milk is served to children one year of age

1 percent milk is served to children 2 and over

