

a Mother's Touch™

Creative Learning Centers



Weekly Menu



Nutrition Facts

A Mother's Touch
Creative Learning Centers

Serving Size	1 Full Day
Nourishing Calories Per Serving	1000
Amount Per Serving	% Daily Value
Laughter 50g	200%
Fun 50g	300%
Friendship 75g	250%
Adventure 40g	140%
Knowledge 100g	600%
Creative Learning 70g	400%
Compassion 50g	450%
Patience 50g	650%

Friendship 100% * Fun 100%
Knowledge 100% * Growth 100%

* Percent Daily Values are based on an optimal diet. Your daily values may be higher or lower depending on your individual needs.

INGREDIENTS: Compassion, Friendship, Fun, Laughter, Hugs, Adventure, Knowledge, Growth

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Sample Menu 3

Monday

Breakfast: Rice Chex, Fruit, Milk

Lunch: Turkey & Cheese on Skinny Whole Wheat Bread, Salad, Ranch Dressing, Apples, Milk

Infant & Toddler Substitute: Applesauce

Snack: Tator Tots, Fruit, Water

Vegetarian Substitute: Cheese Sandwich

Tuesday

Breakfast: Pancakes, Syrup, Fruit, Milk

Lunch: Creamy Baked Chicken, Roasted Potatoes, Steamed Broccoli, Pita Bread, Banana, Milk

Infant & Toddler Substitute:

Snack: Gold Fish Crackers, Fruit, Water

Vegetarian Substitute: Tofu in Cream of Mushroom Sauce

Wednesday

Breakfast: Cornflakes, Fruit, Milk

Lunch: Beef with Cheese Pasta, Peas, Cantaloupe, Milk

Infant & Toddler Substitute:

Snack: Celery, Cream Cheese Dip, Water

Vegetarian Lunch Substitute: Cheese Pasta

Thursday

Breakfast: Turkey Sausage, Wheat Bread, Milk

Lunch: All Natural Tuscan Baked Chicken Breast, Scalloped Potatoes, Zucchini, Carrots, Cauliflower, Italian Beans, Lima Beans & Red Pepper, Wheat Bread, Strawberries, Milk

Infant & Toddler Substitute: Peaches

Snack: Nutri Grain Bar, Fruit, Water

Vegetarian Substitute: Vegetarian Chili on Bun

Friday

Breakfast: Spinach, Egg & Cheese Frittata, Fruit, Milk

Lunch: Beef Meatballs in Light Gravy, Carrots, Green Beans, Zucchini & Yellow Squash, Redskin Mashed Potatoes, Wheat Biscuit, Pineapple, Milk

Infant & Toddler Substitute: Diced Fruit

Snack: Cheese, Crackers, Water

Vegetarian Substitute: Vegan Burger