



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

*a Mother's Touch*TM
Creative Learning Centers



Sample Menu 1

Monday

Breakfast: Cheerios, Fruit, Milk

Lunch: Cheese Tortellini in All Natural Marinara, Baby Spinach Salad, Ranch Dressing, Apples, Milk

Infant & Toddler Substitute: Diced Carrots, Applesauce

Snack: Yogurt, Graham Crackers, Water

Tuesday

Breakfast: Pancakes, Syrup, Fruit, Milk

Lunch: All Natural BBQ Chicken, Sweet Potato Wedges, Peas, Carrots, Corn, Green Beans & Lima Beans, Wheat Bread, Banana, Milk

Infant & Toddler Substitute: Diced Carrots

Snack: Trail Mix, Fruit, Water

Vegetarian Substitute: Veggie Patty Bites in BBQ

Wednesday

Breakfast: Rice Chex, Fruit, Milk

Lunch: Turkey & Cheese on a Veggie Garden Wrap, Romaine Salad with French Dressing, Pineapple, Milk

Infant & Toddler Substitute: Steamed Veggies, Applesauce

Snack: Chips, Salsa, Water

Vegetarian Lunch Substitute: Hummus on a Veggie Wrap

Thursday

Breakfast: Turkey Sausage, Wheat Bread, Milk

Lunch: All Natural Chicken Parmesan, Penne Pasta, Raw Broccoli with Green Goddess, Strawberries, Milk

Infant & Toddler Substitute: Steamed Broccoli, Diced Fruit

Snack: Tator Tots, Fruit, Water

Vegetarian Substitute: Pasta with Marinara & Cheese

Friday

Breakfast: Eggs, English Muffin, Grape Jelly, Milk

Lunch: Beef Taco, Whole Grain Tortilla, Spanish Rice, Corn, Cantaloupe, Milk

Infant & Toddler Substitute: Creamy Corn

Snack: Cheese, Crackers, Water

Vegetarian Substitute: Black Beans