

# a Mother's Touch™

Creative Learning Centers



## Weekly Menu



### Nutrition Facts

A Mother's Touch  
Creative Learning Centers

Serving Size	1 Full Day
<b>Nourishing Calories Per Serving</b>	<b>1000</b>
Amount Per Serving	% Daily Value
<b>Laughter</b> 50g	200%
<b>Fun</b> 50g	300%
<b>Friendship</b> 75g	250%
<b>Adventure</b> 40g	140%
<b>Knowledge</b> 100g	600%
<b>Creative Learning</b> 70g	400%
<b>Compassion</b> 50g	450%
<b>Patience</b> 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 2

#### Monday

**Breakfast:** Cornflakes, Fruit, Milk

**Lunch:** Pita Bread Cheese Pizza, Broccoli with Ranch Dip, Apples, Milk

**Infant & Toddler Substitute:** Steamed Broccoli, Applesauce

**Snack:** Tator Tots, Fruit, Water

#### Tuesday

**Breakfast:** French Toast, Syrup, Fruit, Milk

**Lunch:** Lemon Oregano Chicken, Couscous, Green Beans, Banana, Milk

**Infant & Toddler Substitute:**

**Snack:** Crackers, Veggie Dip, Water

**Vegetarian Substitute:** Veggie Patty in Lemon Oregano Sauce

#### Wednesday

**Breakfast:** Kix Cereal, Fruit, Milk

**Lunch:** All Beef Giant Meatball Sliders, Baked Fries, Romaine Salad with Thousand Dressing, Strawberries, Milk

**Infant & Toddler Substitute:** Peas, Mandarin Oranges

**Snack:** Tortilla Chips, Salsa, Water

**Vegetarian Lunch Substitute:** Veggie Burger

#### Thursday

**Breakfast:** Waffles, Syrup, Fruit, Milk

**Lunch:** Cheesy Herb All Natural Chicken Wild Rice Bake, Steamed Cauliflower, Cantaloupe, Milk

**Infant & Toddler Substitute:**

**Snack:** Soy Butter & Jelly Sandwich, Water

**Vegetarian Substitute:** Wild Rice with Black Beans

#### Friday

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

**Lunch:** Turkey Sloppy Joe, Whole Wheat Bun, Peas, Pineapple, Milk

**Infant & Toddler Substitute:** Applesauce

**Snack:** Cheese, Crackers, Water

**Vegetarian Substitute:** Veggie Chili