



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 4

Monday

Breakfast: Cheerios, Fruit, Milk

Lunch: Spaghetti with Turkey Marinara, Parmesan Cheese, Italian Green Beans, Apples, Milk

Infant & Toddler Substitute: Applesauce

Snack: Hummus, Pita Chips, Water

Vegetarian Substitute: Spaghetti with Marinara & Cheese

Tuesday

Breakfast: French Toast, Syrup, Fruit, Milk

Lunch: All Natural Chicken Teriyaki, Stir Fry Veggies, Brown Rice, Banana, Milk

Infant & Toddler Substitute: Peas

Snack: Celery, Cream Cheese Dip, Water

Vegetarian Substitute: Tofu Bites in Teriyaki

Wednesday

Breakfast: Cornflakes, Fruit, Milk

Lunch: Hot Chicken Breast Salad with Greek Dressing, Pita Bread, Oranges, Milk

Infant & Toddler Substitute: Zucchini, Apricots

Snack: Soy Butter & Jelly Sandwiches, Water

Vegetarian Lunch Substitute: Hummus with Pita Bread

Thursday

Breakfast: Waffles, Syrup, Fruit, Milk

Lunch: All Beef Lasagna, Celery Sticks with Ranch, Pineapple, Milk

Infant & Toddler Substitute: Diced Carrots, Peaches

Snack: Chocolate Pudding, Graham Crackers, Water

Vegetarian Substitute: Vegetarian Lasagna

Friday

Breakfast: Eggs, English Muffins, Grape Jelly, Milk

Lunch: 3 Bean Haystacks Vegetarian Chili, Whole Grain Tortilla Chips, Sour Cream, Corn, Lettuce, Pears, Milk

Infant & Toddler Substitute: Green Beans, Tortilla Shell, Diced Pears

Snack: Nutri Grain Bar, Fruit, Water