



GIGGLES N' TOTS LLC
WHERE LITTLE DREAMS BEGIN

Weekly Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:00 am - 9:00 am	G: Cheerios F: Strawberries Milk: 1%, whole milk	G: Waffles F: Banana Milk: 1%, whole milk	M/MA: Bacon, cream cheese G: Bagel Milk: 1%, whole milk	M/MA: Scrambled eggs G: Toasted bread Milk: 1%, whole milk	G: Pancakes M/MA: Bacon F: Banana Milk: 1%, whole milk
Lunch 11:30 am – 12:30 pm	Mac and Cheese G: Macaroni M/MA: Cheese V: Broccoli F: Banana Milk: 1%, whole milk	Cheese quesadilla G: Flour tortilla M/MA: Cheese V: Carrots F: Orange slices Milk: 1%, whole milk	M/MA: Chicken stew strips V: Sweet potato fries (baked) F: Apple slices G: Roll Milk: 1%, whole milk	G: White rice V: Red Beans M/MA: Chicken meatballs F: Banana Milk: 1%, whole milk	Grilled cheese sandwich G: Bread M/MA: Cheese F: Strawberries Milk: 1%, whole milk
Snack 3:25 pm – 4:00 pm	M/MA: Yogurt pouch F: Blueberries	F: Apple slices M/MA: Sun butter	F: Orange slices G: Graham crackers	F: Fruit pouch G: Pretzels	G: Whole wheat crackers F: Banana

Water is available with all meals.



Weekly Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:00 am - 9:00 am	G: Toasted Bread F: Apple sauce Milk: 1%, whole milk	G: Corn bread F: Banana Milk: 1%, whole milk	G: French toast F: Pears Milk: 1%, whole milk	F: Apple slices G: Oatmeal Milk: 1%, whole milk	G: Pancakes M/MA: Bacon F: Banana Milk: 1%, whole milk
Lunch 11:30 am – 12:30 pm	G: Yellow rice M/MA: Ground chicken V: Green beans F: Kiwi Milk: 1%, whole milk	Veggie nuggets M/MA: Ground chicken V: Sweet potato fries (baked), carrots and broccoli. F: Orange slices Milk: 1%, whole milk	Egg fried rice M/MA: Eggs V: Corn F: Apple slices G: White rice Milk: 1%, whole milk	Chicken noodles soup G: Noodles, White rice V: Carrots and potatoes M/MA: Chicken breast F: Banana Milk: 1%, whole milk	Cheese pizza G: Pizza M/MA: Cheese F: Strawberries Milk: 1%, whole milk
Snack 3:25 pm – 4:00 pm	F: Banana G: Animal crackers	F: Apple slices G: Ritz crackers	F: Orange slices G: Goldfish crackers	F: Fruit pouch G: Soda Crackers	G: Whole wheat crackers F: Banana

Water is available with all meals.



Weekly Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:00 am - 9:00 am	M/MA: Yogurt bowl F: Strawberry, banana G: Toasted bread	G: Pancakes F: Strawberry Milk: 1%, whole milk	G: Cheerios F: mixed berries M/MA: Yogurt	F: Apple slices G: Oatmeal Milk: 1%, whole milk	V: Tomatoes M/MA: Scrambled eggs F: Apple slices Milk: 1%, whole milk
Lunch 11:30 am – 12:30 pm	Chicken alfredo penne pasta G: Penne M/MA: Chicken breast V: Spinach F: Kiwi Milk: 1%, whole milk	M/MA: Chicken sausages V: Hashbrowns (baked) F: Raspberries Milk: 1%, whole milk	Egg fried rice M/MA: Eggs V: Corn F: Apple slices G: White rice Milk: 1%, whole milk	Lentil soup G: White rice V: Carrots and potatoes M/MA: Lentils F: Banana Milk: 1%, whole milk	Grilled cheese roll-ups G: Bread M/MA: Cheese F: Strawberries Milk: 1%, whole milk
Snack 3:25 pm – 4:00 pm	F: Watermelon G: snack bar	F: Strawberry, banana G: Ritz crackers	F: Orange slices G: Goldfish crackers	M/MA: Cheese sticks G: Soda Crackers	G: Blueberry muffins

Water is available with all meals.



Weekly Menu

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:00 am - 9:00 am	G: Toasted Bread F: Apple sauce Milk: 1%, whole milk	G: Corn bread F: Banana Milk: 1%, whole milk	G: French toast F: Pears Milk: 1%, whole milk	F: Apple slices G: Oatmeal Milk: 1%, whole milk	G: Pancakes M/MA: Bacon F: Banana Milk: 1%, whole milk
Lunch 11:30 am – 12:30 pm	G: Yellow rice M/MA: Ground chicken V: Green beans F: Kiwi Milk: 1%, whole milk	M/MA: Chicken nuggets V: Sweet potato fries (baked) F: Orange slices Milk: 1%, whole milk	Egg fried rice M/MA: Eggs V: Corn F: Apple slices G: White rice Milk: 1%, whole milk	Chicken noodles soup G: Noodles, White rice V: Carrots and potatoes M/MA: Chicken breast F: Banana Milk: 1%, whole milk	Cheese pizza G: Pizza M/MA: Cheese F: Strawberries Milk: 1%, whole milk
Snack 3:25 pm – 4:00 pm	F: Banana G: Animal crackers	F: Apple slices G: Ritz crackers	F: Orange slices G: Goldfish crackers	F: Fruit pouch G: Soda Crackers	G: Whole wheat crackers F: Banana

Water is available with all meal

