

Spring 2022 Menu Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Bananas Milk	Yogurt Parfait Milk	Pancakes Fruit Salad Milk	Muffins Apples Milk	Waffles Sausages/Cheese Fruit Salad Milk
Lunch	Soup & Sandwiches Fresh Fruit/Veg Milk	Zucchini Pomodoro Fresh Fruit/Veg Milk	Munchie Platter Fresh Fruit/Veg Milk	Pulled Pork Sliders Fresh Fruit/Veg Milk	Chicken Quesadilla Fresh Fruit/Veg Milk
PM Snack	Muffins Fruit Salad	Hummus Dippers	Granola Bars Apples	Turkey Sausage Carrots Crackers	Fruit & Cheese Platter

Follow us on [instagram.com/ICDCMenu](https://www.instagram.com/ICDCMenu) for daily photos of meals. Water is available to children throughout the day & at all meals. If no beverage is specified the beverage offered will be water. Food may be substituted as necessary & will be noted on the menu & in Hi Mama. Menu alternatives are prepared separately for children with dietary restrictions.

Spring 2022 Menu Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Bananas Milk	Yogurt Parfait Milk	Pancakes Fruit Salad Milk	Muffins Apples Milk	Waffles Sausages/Cheese Fruit Salad Milk
Lunch	Soup & Sandwiches Fresh Fruit/Veg Milk	Chicken Broccoli Stir Fry Fresh Fruit/Veg Milk	Munchie Platter Fresh Fruit/Veg Milk	Taco Salad Fresh Fruit/Veg Milk	Mini Pizzas Fresh Fruit/Veg Milk
PM Snack	Muffins Fruit Salad	Hummus Dippers	Granola Bars Apples	Turkey Sausage Carrots Crackers	Fruit & Cheese Platter

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Spring 2022 Menu Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Bananas Milk	Yogurt Parfait Milk	Pancakes Fruit Salad Milk	Muffins Apples Milk	Waffles Sausages/Cheese Fruit Salad Milk
Lunch	Soup & Sandwiches Fresh Fruit/Veg Milk	Chicken Nuggets Potato Wedges Fresh Fruit/Veg Milk	Munchie Platter Fresh Fruit/Veg Milk	Coconut Curry Fresh Fruit/Veg Milk	Grilled Cheese Fresh Fruit/Veg Milk
PM Snack	Muffins Fruit Salad	Hummus Dippers	Granola Bars Apples	Turkey Sausage Carrots Crackers	Fruit & Cheese Platter

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Spring 2022 Menu Week 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Bananas Milk	Yogurt Parfait Milk	Pancakes Fruit Salad Milk	Muffins Apples Milk	Waffles Sausages/Cheese Fruit Salad Milk
Lunch	Soup & Sandwiches Fresh Fruit/Veg Milk	BBQ Chicken Rollups Fresh Fruit/Veg Milk	Munchie Platter Fresh Fruit/Veg Milk	Spaghetti & Meatballs Fresh Fruit/Veg Milk	Ham & Veggie Wraps Fresh Fruit/Veg Milk
PM Snack	Muffins Fruit Salad	Hummus Dippers	Granola Bars Apples	Turkey Sausage Carrots Crackers	Fruit & Cheese Platter

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