

Summer 2022 Menu Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Bananas Milk	Waffles Sausage Milk	Banana Bread Fruit Salad Milk	Pancakes Apples Milk	Smoothie Muffins Milk
Lunch	Tortilla Pizza Fresh Fruit/Veg Milk	Ham & Cheese Pinwheels Fresh Fruit/Veg Milk	Sandwiches Fresh Fruit/Veg Milk	Taco Wrap Fresh Fruit/Veg Milk	Munchie Plate Fresh Fruit/Veg Milk
PM Snack	Fruit Cheese	Veggies & Dip	Granola Bars Apples	Muffins Bananas	Turkey Sausage Veggie Sticks

Follow us on [instagram.com/ICDCMenu](https://www.instagram.com/ICDCMenu) for 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.

Summer 2022 Menu Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Bananas Milk	Waffles Sausage Milk	Banana Bread Fruit Salad Milk	Pancakes Apples Milk	Smoothie Muffins Milk
Lunch	Mini Subs Fresh Fruit/Veg Milk	Ham & Pasta Salad Fresh Fruit/Veg Milk	Sandwiches Fresh Fruit/Veg Milk	Pulled Pork Buns Fresh Fruit/Veg Milk	Munchie Plate Fresh Fruit/Veg Milk
PM Snack	Fruit Cheese	Veggies & Dip	Granola Bars Apples	Muffins Bananas	Turkey Sausage Veggie Sticks

Follow us on [instagram.com/ICDCMenu](https://www.instagram.com/ICDCMenu) for 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.

Summer 2022 Menu Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Bananas Milk	Waffles Sausage Milk	Banana Bread Fruit Salad Milk	Pancakes Apples Milk	Smoothie Muffins Milk
Lunch	Greek Salad Meatballs Fresh Fruit/Veg Milk	Shawarma Plate Fresh Fruit/Veg Milk	Sandwiches Fresh Fruit/Veg Milk	Chicken Salad Buns Fresh Fruit/Veg Milk	Munchie Plate Fresh Fruit/Veg Milk
PM Snack	Fruit Cheese	Veggies & Dip	Granola Bars Apples	Muffins Bananas	Turkey Sausage Veggie Sticks

Follow us on [instagram.com/ICDCMenu](https://www.instagram.com/ICDCMenu) for 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.