

# Creekside Kids

## Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Fruit Milk	Yogurt Parfait w/granola and blueberries Milk	Cereal Fruit Milk	English Muffin w/jelly Fruit Milk	Cereal Fruit Milk
Lunch	Spaghetti w/meat sauce Spinach Salad Fruit Milk	Cheese Sandwich Carrots/cucumbers Fruit Milk	Breakfast Burritos Pepper slices Fruit Milk	Drumstick Corn on the cob Whole wheat roll Fruit Milk	Cheese Pizza Salad Fruit Milk
Snack	Graham Crackers Fruit Milk	Fresh Guacamole Veggie Sticks/chips Milk	Crackers Cheese Milk	Granola Bar Fruit Milk	Apples Sunbutter Milk

*Our meals are prepared fresh daily and delivered from our sister center, Blue Skies. Our lunches include a lean protein, vegetable, carbohydrate, and fruit. We use whole grain breads and pastas as well as organic fruits and vegetables. All breakfasts, lunches, and snacks include the choice of milk or water.*

*We are a nut free facility that can accommodate the needs of children with dairy and gluten allergies as well as some other allergies upon request. Parents must provide written documentation from a doctor for all special dietary needs.*