



Summer Menu Ideas Weeks 1-2

All meal components are considered to be homemade.
You can rotate the weeks or choose menus that work for your Day Care.

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Kix Cereal Blueberries	Milk Toaster Waffle Strawberries	Chocolate Milk Graham Cracker w/ Peanut butter w/ Banana slices	Milk Scones Melon Slice	Milk Cinnamon Toast Triangles Orange wedge

Lunch/Dinner

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Fish Cabbage Salad French Fries Roll	Milk Pork medallions Sautéed Yellow Squash, Pears Bran Muffins	Milk Cheese English Muffin Split Pea Soup Carrot Sticks	Milk Black Bean and Canned Salmon Tostada Avocado/Tomato	Milk String Cheese Tomato Soup Celery Sticks Crackers

Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
Yogurt Parfait w/ Sliced Strawberries	Pita Chips Black Beans	Orange Juice Toast Triangles	Yogurt Dip Radishes/Carrots	Hard Boiled Egg Halves Orange Juice

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Garbanzo bean Hummus Pita Bread	Milk Blackberries Biscuits	Milk Cheerios w/ Banana Slices	Milk Zucchini Bread Apple Sauce	Milk Oatmeal Muffins Peaches

Lunch/Dinner

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Chili w/ beans Apricots Celery Sticks Corn Bread	Milk Hamburger Potato Salad Baked Beans Bun	Milk Stuffed Tuna Pita Lettuce/Tomato Cold Peas Pita Bread	Milk Stuffed Baked Potato w/ham, Cheese, Broccoli, Mushrooms, Foccacia Bread	Milk Cheese Ravioli Spinach Salad Pears Garlic Toast

Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Rice Cake Almond Butter	Oatmeal Raisins	Banana Bread Milk	String Cheese Plums	Raspberries Milk

“This institution is an equal opportunity provider”



Summer Menu Ideas Weeks 3-4

All meal components are considered to be homemade.
You can rotate the weeks or choose menus that work for your Day Care.

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Rice Cake w/Peanut Butter Apple Sauce	Milk Breakfast Burrito Refried Beans Flour Tortilla	Milk Bran Muffin Apricots	Milk Yogurt Parfait Cold Cereal Fruit Cocktail	Milk Chex Cereal Raisins

Lunch/Dinner

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Chicken Sausage Baked Beans Watermelon Roll	Milk HM Chicken Rice Soup Carrots, Celery Plum Halves Oyster Crackers	Milk Pigs in a Blanket Pancake with Sausage Apple Sauce Hash Browns	Milk Peanut Butter Cracker Stackers Banana Slices Strawberry Slices Ritz Cracker	Milk Ham and Cheese Sub Sandwich Lettuce Tomato/Avocado Sub Roll

Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Nips w/Peanut Butter	Chocolate Milk Saltine Crackers	Apple Juice Graham Cracker	Watermelon Gold Fish Crackers	Zucchini Bread Milk

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Toasted Peanut Butter Sand w/ Banana Slices	Milk French Toast Strawberries	Milk Rice Krispies Raspberries	Milk Soft Pretzel Applesauce	Milk Mini Bagel Peaches

Lunch/Dinner

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Cottage Cheese Pineapple Ring Peach Slices Bread Sticks	Milk Mini Turkey Meatloafs Cucumber Salad Red Potatoes Corn Bread	Milk Cheese Quesadilla Tater Tots Lettuce Salad Tortilla	Milk Barbecue Chicken Legs Corn on Cob Watermelon Bread Slice	Milk Chef Salad w/ Ham, Cheese, Egg Lettuce Tomato/Avocado Croutons

Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
Frozen Orange Juice Cubes Wheat Thins	Cheerio Mix w/ Peanuts and Raisins	Raisins Hard Pretzels	Pineapple Ring Cottage Cheese	Apple Slices Peanut Butter

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S Food and Fun

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4th of July Baked Beans

Ingredients:

- 1/2 lb diced bacon
- 1/2 lb ground beef
- 1 cup chopped onion
- 1-28 oz can pork and beans
- 1-16oz can kidney beans drained and rinsed
- 1-15-1/4 oz. can lima beans
- 1/2 cup barbecue sauce
- 1/2 cup ketchup
- 1/2 cup sugar
- 1/2 cup brown sugar
- 2 Tbs. prepared mustard
- 2 Tbs. molasses
- 1 tsp salt
- 1/2 tsp chili powder



Directions:

In a large skillet, cook bacon, beef, onion until meat is no longer pink and onion is tender, drain. Transfer to a greased 2 1/2 qt. baking dish; add all of the beans and mix well. In a small bowl, combine the remaining ingredients; stir into beef and bean mixture. Cover and bake at 350 for 45 minutes. Uncover and bake for 15 minutes longer.



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Edible Summer Craft Snack

Ingredients and Supplies:

- Clear plastic wide mouth cups
- Blueberry yogurt
- Crushed Graham Crackers
- Colored Rice Krispies or Colored Pebbled cereal
- Sprouts
- Colored Goldfish crackers
- Regular yellow goldfish crackers

Optional:

- Crunchy Cheetos
- Pretzel Sticks
- Gummy Sea Creatures

Directions:

Place each ingredient in separate bowls with plastic spoons for kids to serve themselves. Let each child build their own edible ocean or goldfish bowl scene.

Ocean:

Spoon in graham cracker for sand.
Spoon in blueberry yogurt for ocean water.
Add sprouts for seaweed.
Add colored goldfish crackers for tropical ocean fish.

Gold Fish Bowl

Spoon in colored pebbles for bottom of goldfish bowl.
Spoon in blueberry yogurt for water.
Add yellow gold fish crackers for fish.

Options:

Add crunchy Cheetos for coral.
Add pretzel sticks for driftwood.
Add gummy sea creatures (not reimbursable).

