

# Aspen Lakes Discovery Center

## Week 1 Meal Plan



Menus are posted in the center every week. If any changes are made, we will write them on the menu. If your child experiences allergies to any of the below items, please bring an alternative, healthy meal.

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Wholewheat Toast with Orange Slices	Breakfast Tacos scrambled eggs with shredded cheese in a soft tortilla	Oatmeal with Raisins	Yogurt with Banana and Cinnamon with Chia Seeds	Breakfast Egg Cups
Lunch Always served with milk	Spaghetti and Homemade Meatsauce	Zacaroni and Cheese Baked with zucchini and seasonal vegetables	Pancakes Sausage and Mixed Berries	Egg Salad Sandwiches	Homemade Chicken Noodle Soup served with crackers
P.M. Snack	Homemade Blueberry Muffins	Pitas and Hummus with a Seasonal Vegetable	Graham Crackers and Apple Slices	Carrot Sticks with Goldfish	Crackers Cheese and Pickles

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## Week 2 Meal Plan



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	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Bagels and Avocados	Tea Biscuits with Butter or Jam	French Toast	Devilled Eggs Served with Bagels	Fruit Smoothies and Graham Crackers
Lunch Always served with milk	Chili Served with buns and butter	Homemade Vegetable Soup Served with wholewheat bread	Homemade Veggie Pizza	Tuna Salad Sandwiches	Lasagna
P.M. Snack	Arrowroot Cookies with Banana Slices	Homemade Carrot Muffins	Ants on a Log Celery with cheese whiz and raisins	Chocolate Chip Cookies with Seasonal Fruit	Party Mix Cheese nips pretzels cheerios raisins with carrots

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## Week 3 Meal Plan



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	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Breakfast Tacos scrambled eggs with shredded cheese in a soft tortilla	Yogurt with Mixed Berries and Chia Seeds	Wholewheat Toast with Orange Slices	Breakfast Egg Cups	Oatmeal with Raisins
Lunch Always served with milk	Homemade Beef Barley Soup	Chicken with Quinoa and Vegetables	Grilled Cheese with Tomato Soup	Chicken Curry with Pasta and Vegetables	Fish and Chips with Steamed Vegetables
P.M. Snack	Graham Crackers and Apple Slices	Hummus and Pitas with Snowpeas	Homemade Puffed Wheat Squares	Cheese with Crackers and Pickles	Carrots and Pretzels

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## Week 4 Meal Plan



Menus are posted in the center every week. If any changes are made, we will write them on the menu. If your child experiences allergies to any of the below items, please bring an alternative, healthy meal.

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Oatmeal with Cinnamon and Banana with Chia Seeds	French Toast	English Muffins with Jam	Devilled Eggs Served with Bagels	Fruit Smoothies with Graham Crackers
Lunch Always served with milk	Hashbrown Casserole with Eggs Cheese and Vegetables	Homemade Split Pea and Ham Soup	Chili Served with buns and butter	Loaded Potato Soup	Chicken Fingers and Fries with Steamed Vegetables
P.M. Snack	Banana Rollups with Honey	Homemade Zucchini Muffins	Nacho Chips and Salsa	Unsweetened Applesauce and Animal Crackers	Cucumbers and Goldfish