

Aspen Lakes Discovery Center

Week 1 Meal Plan

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

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Yogurt, Bananas and Chia Seeds	Hashbrown Casserole	Zucchini Bread	Homemade Granola Bars and Seasonal Fruit	Fruit Smoothies with Graham Crackers
Lunch	Tomato Soup and Grilled Cheese Sandwiches	Black Bean Burrito Bowls	Hamburger Soup	Zacaroni	Wild Rice Soup
PM Snack	Raisin Bran Muffins	Rice Crispy Squares and Seasonal Fruit	Apple Cinnamon Rice Cakes	Banana Oat Date Bars	Cheese, Crackers and Pickles

Aspen Lakes Discovery Center is *nut-free*. Inform the center of any allergies your child may have.

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Week 2 Meal Plan

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

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Greek Yogurt Banana Bread	Devilled Eggs and Bagels	Quinoa Breakfast Bake	Overnight Oats	Fruit Smoothies with Graham Crackers
Lunch	Tuna noodle Casserole	Alphabet Veggie Soup	Kodiak Pancakes with Mixed Berries	Lentil Shepherds Pie	Broccoli Cheddar Soup
PM Snack	Raspberry Oatmeal Muffins	Seasonal Fruit with Homemade Fruit Dip	Veggie Pinwheels	Applesauce Brownies	Nachos and Salsa

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Week 3 Meal Plan

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

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Homemade Granola Bars with Seasonal Fruit	Greek Yogurt with Berries and Chia Seeds	Breakfast Burrito Wraps	Blueberry Oatmeal Bake	Fruit Smoothies with Graham Crackers
Lunch	Veggie Spaghetti	Potato Corn and Chick Pea Chowder	Pizza Bagels with Carrots Sticks	Veggie Stew	Chicken Coconut Curry Soup
PM Snack	Chocolate Zucchini Muffins	Arrowroot Cookies and Banana Slices	Fruit Pizza	Sweet Potato Cookies	Party Mix with Carrots

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Week 4 Meal Plan

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

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Breakfast Cookies	Peach Crisp	Frittata Fingers	French Toast	Fruit Smoothies with Graham Crackers
Lunch	Vegetarian Chilli	Turkey Meatloaf, Rice and Veggies	Butternut Squash Soup	Veggie Lasagna	Egg Salad Sandwiches
PM Snack	Pumpkin Muffins	Naan Bread, Seasonal Vegetable and Hummus	Pineapple Carrot Cake	Apple Sauce	Homemade Cookies with Seasonal Fruit

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