



Joy's Children's Learning Center

2020

Sample Breakfast & Snack Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast – 8:30-9:00am Snack – 3:00-3:15pm	2 B – Cold Cereal (½ c.) w/Fresh Fruit (¼ c.) S – Cheeseburger Bites (1 oz.) w/1% Milk (6 oz.)	3 B – Banana Mini Muffins (1 each) S – Cheese Crackers (½ serving) w/100% Fruit Juice (6 oz.)	4 B – Yogurt (1 ½ oz.) w/Fresh Fruit (¼ c.) S – Animal Crackers (½ serving) w/Applesauce (1 ½ oz.)	5 B – Waffles (¼ c.) w/Fresh Fruit (¼ c.) S – Hot Dog Bites (1 oz.) w/1% Milk (6 oz.)	6 B – Cold Cereal (½ c.) w/ Fresh Fruit (¼ c.) S – Jell-O Cups (1 ½ oz.) w/100% Fruit Juice (6 oz.)	7
8	9 B – French Toast Sticks (¼ c.) w/Fresh Fruit (¼ c.) S – Gold Fish Crackers (½ serving) w/100% Fruit Juice (6 oz.)	10 B – Cold Cereal (½ c.) w/Fresh Fruit (¼ c.) S – Vanilla Wafers (½ serving) w/1% Milk (6 oz.)	11 B – Mini Pancakes (1 ½ oz.) w/Fresh Fruit (¼ c.) S – Graham Crackers (½ serving) w/Applesauce (1 ½ oz.)	12 B – Hot/Cold Oatmeal (½ c.) w/ Fresh Fruit (¼ c.) S – Carrot Sticks w/Ranch (1 oz.) w/1% Milk (6 oz.)	13 B – Cold Cereal (½ c.) w/Fresh Fruit (¼ c.) S – Pizza Rolls (½ serving) w/1% Milk (6 oz.)	14
15	16 B – Cold Cereal (½ c.) w/Fresh Fruit (¼ c.) S – Ritz & Cheese Bites (1 oz.) w/1% Milk (6 oz.)	17 B – Breakfast Fruit Bar (½ c.) w/ Fresh Fruit (¼ c.) S – String Cheese (1 each) w/Club Crackers (½ serving) 1% Milk (6 oz.)	18 B – Cold Cereal (½ c.) w/Fresh Fruit (¼ c.) S – Veggie Straws (½ serving) w/1% Milk (6 oz.)	19 B – Toast w/Butter (¼ c.) w/Fresh Fruit (¼ c.) S – Mini Corn Dogs (1 oz.) w/1% Milk (6 oz.)	20 B – Cold Cereal (½ c.) w/ Fresh Fruit (¼ c.) S – Celery w/Cream Cheese (1 ½ oz.) w/100% Fruit Juice (6 oz.)	21
22	23 B – Bagel w/Cream Cheese (½ each) S – Mini Cheese Quesadilla (½ oz.) w/100% Fruit Juice (6 oz.)	24 B – Cold Cereal (½ c.) w/Fresh Fruit (¼ c.) S – Teddy Grahams (½ serving) w/1% Milk (6 oz.)	25 B – Blueberry Mini Muffins (1 each) S – Shredded Carrots (1 oz.) w/1% Milk (6 oz.)	26 B – Cold Cereal (½ c.) w/Fresh Fruit (¼ c.) S – Club Crackers (½ serving) w/100% Fruit Juice (6 oz.)	27 B – Scrambled Eggs (¼ c.) w/Fresh Fruit (¼ c.) S – Oatmeal Cream Cookies (1 each) w/1% Milk (6 oz.)	28
29	30 B – Cold Cereal (½ c.) w/ Fresh Fruit (¼ c.) S – Jell-O Cups (1 ½ oz.) w/100% Fruit Juice (6 oz.)	31 B – Yogurt (1 ½ oz.) w/Fresh Fruit (¼ c.) S – Animal Crackers (½ serving) w/Applesauce (1 ½ oz.)				

100% Fruit Juice for all children

1% Milk for all children

Menu Subject to Change