

Catalina Methodist Day School

2700 E. Speedway Blvd.

Tucson, Arizona 85716

(520) 327-4791

MENU

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1	<u>A.M. Snack</u>	Corn Flakes Milk	Chex Cereal WGR Milk	Cheese, Apples Water	Grapes Hard Boiled Eggs Water	Kix Cereal WGR Milk
	<u>Lunch</u>	Turkey & Cheese Sandwich on WGR Bread Carrot Sticks Apples TS Applesauce Milk Extra –Ranch Dip	Spaghetti Beef & Tomato Sauce HM Corn Mandarin Oranges Milk	Hamburger & Bun WGR Baked Beans Pineapple Milk Extra ~ Pickles, Ketchup & Mustard	CN Chicken Nuggets WGR Breeding HM Pasta Salad Celery Sticks Tropical Fruit Milk Extra –Ranch Dip	Albondigas Soup Brown Rice WGR Meatballs CN Lettuce & Tomato Salad Peaches Milk Extra –Ranch Dip Tortilla Chips & Salsa
	<u>P.M. Snack</u>	Peaches Yogurt Water	Graham Crackers Milk	Ritz Crackers Apple Juice	String Cheese Wheat Thins Water	Bananas Milk
WEEK #2	<u>A.M. Snack</u>	Wheaties Cereal HGR Milk	Cottage Cheese Peaches Water	Chex Cereal HGR Milk	Blueberry Muffins Milk	Cheerios WGR Milk
	<u>Lunch</u>	Smoked Chicken Wings Kale Pesto Pasta w Tomatoes HM Mandarin Oranges Milk	Ham Mashed Potatoes Green Beans WGR Roll Pineapple Milk	Chilaquilles Refried Beans Carrot Sticks Applesauce Milk Extra –Ranch Dip & Sour Cream	CN Chicken Patties WGR Breeding & Bun WGR Broccoli Bananas Milk Extra –Ranch Dip	Bean & Cheese Burros Sliced Cucumbers Grapes Milk Extra – Ranch, Guacamole & Salsa
	<u>P.M. Snack</u>	Hard Boiled Eggs Corn Muffins Water	Graham Crackers Milk	Pretzels Orange Juice	Musili Pita Milk Extra - Cream Cheese	Trail Mix Apple Juice
WEEK #3	<u>A.M. Snack</u>	Kix Cereal WGR Milk	Waffles WGR Orange Juice	Wheaties Cereal WGR Milk	Kix Cereal WGR Milk	Biscuits Milk Extra – Sausage Gravy
	<u>Lunch</u>	Macaroni & Cheese- HM w/ Ham Roasted Cauliflower Apple Slices TS Applesauce Milk	Goulash w/ Hamburger Tomatoes & Noodles Corn Mandarin Oranges Milk	Beef & Broccoli Stir Fry HM Noodles Pineapple Milk	Chili w/ Beans & Hamburger HM Corn Muffins Tropical Fruit Milk	All Beef Hotdogs WGR Buns Oven Baked Fries Oranges TS Mandarin Oranges Milk
	<u>P.M. Snack</u>	Peaches Yogurt Water	Cheese Tortillas Water	Ritz Crackers Apple Juice	Saltines Chocolate Milk	Bananas Milk
WEEK #4	<u>A.M. Snack</u>	Cheerios WGR Milk	Sliced Ham Hawaiian Rolls Water	Wheaties Cereal WGR Milk	Chex Cereal WGR Milk	Kix Cereal WGR Milk
	<u>Lunch</u>	Chicken & Bean Soft Tacos Sliced Cucumbers Apple Slices TS Applesauce Milk Extra – Cheese, Lettuce, Salsa, Ranch Dip	Cheesy Bread WGR Tomato Soup Pineapple Milk	Bar-B-Q Meatballs CN Noodles Glazed Carrots Peaches Milk	CN Fish Nuggets Cheese Stuffed Tortellini CN Veggies & Dip Tropical Fruit Milk	HM Magpie Stew w/ Beef, Corn & Mash Potatoes Raw Veggies Pineapple Milk Extra –Ranch Dip
	<u>P.M. Snack</u>	Graham Crackers Milk	Navel Oranges TS Mandarin Oranges Wheat Thins Water	Yogurt Craisins, Sunflower Seeds Water	Pretzels Apple Juice	Blueberry Muffins Milk

Week #1

October 16 ~ 20
November 13 ~ 17
December 11 ~ 15
January 8 ~ 12
February 5 ~ 9
March 4 ~ 8

Week #2

October 23 ~ 27
November 20 ~ 24
December 18 ~ 22
January 15 ~ 19
February 12 ~ 16
March 11 ~ 15

Week #3

October 2 ~ 6
October 30 ~ November 3
November 27 ~ December 1
December 25 ~ 29
January 22 ~ 26
February 19 ~ 23
March 25 ~ 29

Week #4

October 9 ~ 13
November 6 ~ 10
December 4 ~ 8
January 1 ~ 5
January 29 ~ February 2
February 26 ~ March 1
Summer Menu starts April 1st

- ❖ All juices served are 100% fruit juice
- ❖ Tropical Fruit contains papaya, guava, pineapple and bananas
 - ❖ Dip and Dressings are low fat
- ❖ **WGR** ~ Whole Grain Rich **WW** ~ Whole Wheat **HM** ~ homemade recipe
- ❖ **Trail Mix** ~ Contains Mini pretzels, Goldfish, Craisens, Chex cereal & Sunflower seeds
 - ❖ **CN** ~ Child Nutrition
 - ❖ **TS** ~ Substitute for Toddlers Only
- ❖ Water bottles are available in each classroom and Water coolers are located in the hallway and trike yard
- ❖ Whole milk will be served to children 12-23 months. Children 24 months and older will be served 1% milk

We participate in the Child and Adult Care Food Program

We do not discriminate on the basis of race, color, national, origin, religion sex, age or handicap