

Breakfast, AM and PM snacks consist of a whole grain (cracker, cereal) combined with a vegetable or a fruit. IKCCC follows NYS DOH Guidelines


**July 2017**

**Island Kids Child Care Center  
Lunch Menu**



We are a "nut free" facility.

All lunches are subject to change.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><b>3</b> Steamed Peas</p> <p>Fresh Melon <b>Grilled Cheese or Sunflower Butter &amp; Jelly</b></p>	<p><b>4</b>  <b>Happy 4th</b></p>	<p><b>5</b> Steamed Broccoli</p> <p>Fresh melon</p> <p><b>Whole wheat Pasta w/ Butter or Sauce</b></p>	<p><b>6</b> Mashed Potatoes</p> <p>Orange Slices</p> <p><b>Crockpot Chicken &amp; Gravy</b></p>	<p><b>7</b> Steamed Carrots</p> <p>Mixed Fruit</p> <p><b>Fresh Baked Pizza</b></p>
<p><b>10</b> Steamed Green Beans</p> <p>Fresh Melon</p> <p><b>Grilled Cheese or Sunflower Butter &amp; Jelly</b></p>	<p><b>11</b> Steamed Carrots</p> <p>Fresh Melon</p> <p>Dinner Roll</p> <p><b>Meatballs in Sauce</b></p>	<p><b>12</b> Steamed Sweet Peas Celery Sticks</p> <p>Mixed Fruit</p> <p><b>Ravioli</b></p>	<p><b>13</b> Steamed Broccoli</p> <p>Cinnamon Applesauce</p> <p><b>Chicken Nuggets</b></p>	<p><b>14</b> Steamed Corn</p> <p>Mixed Fruit</p> <p><b>Fresh Baked Pizza</b></p>
<p><b>17</b> Baked French Fries</p> <p>Fresh Melon</p> <p><b>Grilled Cheese or Sunflower Butter &amp; Jelly</b></p>	<p><b>18</b> Steamed corn</p> <p>Fresh Melon</p> <p><b>Taco in a Bag</b></p>	<p><b>19</b> Steamed Peas</p> <p>Mixed Fruit</p> <p><b>Whole Wheat Pasta w/ Butter or Sauce</b></p>	<p><b>20</b> Steamed Broccoli</p> <p>Fresh Fruit</p> <p><b>Crockpot Cheddar Chicken</b></p>	<p><b>21</b> Steamed Carrots</p> <p>Steamed Apples/ <b>Fresh Baked Pizza</b></p>
<p><b>24</b> Steamed Carrots</p> <p>Fresh Melon</p> <p><b>Grilled Cheese or Sunflower Butter &amp; Jelly</b></p>	<p><b>25</b> Crispy Tater Tots</p> <p>Fresh Melon</p> <p>Crockpot Ham &amp; Cheese</p>	<p><b>26</b> Steamed Corn</p> <p>Sliced Oranges</p> <p><b>Whole Wheat Pasta w/ Butter or Sauce</b></p>	<p><b>27</b> Steamed Broccoli</p> <p>Cinnamon applesauce</p> <p><b>Bar-B-Q Crockpot Chicken</b></p>	<p><b>28</b> Steamed Peas</p> <p>Mixed Fruit</p> <p><b>Fresh Baked Pizza</b></p>
<p><b>31</b> Steamed Green Beans Fresh Melon <b>Grilled cheese or Sunflower Butter &amp; Jelly</b></p>				