

Niagara County Community College  
 Child Development Center  
 Spring 2023 Menu

<b>Cycle 1</b>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Waffles Peaches  Milk	Bagels with Butter Raspberries  Milk	Scrambled Eggs Strawberries  Milk	Muffins Bananas  Milk	(WGR) Cheerios Mandarin Oranges  Milk
<b>Lunch</b>	Fish Sticks (WGR) Seasoned Brown Rice Broccoli Watermelon  Milk	Ground Beef Tacos (WGR) Tortilla Shell Lettuce, Cheese, Tomatoes, Sour Cream Tatar Tots Mixed Fruit  Milk	Cheese Raviolis With Meatballs (WGR) Texas Toast Chef Salad Pineapples  Milk	Chicken Patty On (WGR) Roll Mashed Potatoes Mixed Vegetables Pears  Milk	Grilled Cheese On (WGR) Bread Chicken Noodle Soup Broccoli Mixed Fruit  Milk
<b>Snack</b>	Cucumber With Ranch Apple Slices  Water	Cheese Cubs With (WGR) Crackers Strawberries  Water	Graham Crackers Blueberries  Water	Animal Crackers Apple Slices  Water	(WGR) Goldfish Peaches  Water

\*All pastas and breads are whole wheat or whole grain rich (WGR)

\* All salads and pitas are made with romaine lettuce

\*\*Toddler 1: Whole Milk Only. Toddler 2/Pre-K: Nonfat Milk Only. Lactose free Milk is also available to medically eligible children.

\*\*\* **Peanut-free menu (no oils/by-products) No pork or juice served.**

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<b>Cycle 2</b>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Scrambled Eggs Mandarin Oranges  Milk	French Toast Sticks Blueberries  Milk	Bagels with Butter Strawberries  Milk	Pancakes with syrup Bananas  Milk	(WGR) Cheerios Mandarin Oranges  Milk
<b>Lunch</b>	Chicken Nuggets Mashed Potatoes (WGR) Texas Toast Broccoli Mixed Fruit Cup  Milk	Chicken & Cheese Quesadilla White Tortilla Shell Corn (WGR) Seasoned Brown Rice Pineapple  Milk	Mac and Cheese With BBQ Grilled Chicken (WGR) Dinner Roll Broccoli Watermelon  Milk	Cheeseburger On (WGR) Roll Tatar Tots Green Beans Mixed Fruit Cup  Milk	Homemade Pizza Caesar Salad With Grilled Chicken Strawberries  Milk
<b>Snack</b>	Yogurt Raspberries  Water	String Cheese Stick Strawberries  Water	Peppers with Ranch Apple Slices  Water	Animal Crackers Strawberries  Water	(WGR) Goldfish Peaches  Water

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