



Eugene Family YMCA Child Development Rainbows/Friends/Kinders Menu

Mar-10

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Waffles Syrup Mixed Berries Milk	Corn Muffin A-02 Peaches Milk	Cinnamon Bagels bananas Milk	Breakfast Sandwich Apple Slices Milk	Cinnamon Toast Peaches Milk
Yogurt Bananas Water	Cottage Cheese Pineapple Water	Pineapple Scones A-1 White Grape Juice	Carrots and Cucumbers Ranch Dressing Wheat Thins Water	Banana Bread Squares A-13 Milk
Ham & Cheese Sandwich Corn Pears Milk	Mac & Cheese D-20 Peas Orange Slices Milk	Baked Scrambled Eggs D-15 Spinach Salad Apple Sauce Rolls Milk	Pigs in a Blanket Green Salad Grapes Milk	Cheese Quesadillas Green Beans Tropical Fruit Milk
Bagels Cream Cheese _____Juice	Nutrigrain Bar Milk	Trail Mix _____Juice	Nachos G-3 _____Juice	Pineapple Chunks Ritz Crackers
"This institution is an equal opportunity provider."				
USDA Recipe	Our recipe			



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Monday	Tuesday	Wednesday	Thursday	Friday
8	9	10	11	12
Cherrios oranges milk	Pancakes Peaches Milk	English muffins bananas milk	French Toast apple slices Milk	Variety Oatmeal applesauce Milk
Gold Fish Apple Slices Water	Yogurt Parfait (yogurt & fruit, graham crackers) Water	Ritz Crackers Peaches	Banana Muffins A-4 Milk	Club Crackes Cheese
Turkey & Cheese Sandwich Cucumber Slices Tropical Fruit Milk	Hot Dogs Crinkle Cut Fries Oranges Milk	Oven Baked Parm Chckn D-05 Green Beans Roll Grapes Milk	Pizza in a Pocket F-04 Green Salad Apricot Halves Yogurt Milk	Mini Meat Loaf D-28 Mashed Potatoes Roll Pineapple Chunks Milk
Oatmeal Raisin Cookies B- 11 Milk	Cheese Its Oranges	Pretzels Pears Water	Smoothies Vanilla Wafers	Wheat Thins Grapes
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1-Mar

Monday	Tuesday	Wednesday	Thursday	Friday
15	16	17	18	19
Waffles Syrup Mixed Berries Milk	Corn Muffin A-02 Peaches Milk	Cinnamon Bagels Mixed Berries Milk	Breakfast Sandwich Pears Milk	Cinnamon Toast Grapes Milk
Mini Pretzels ____Juice	Club Crackers Sliced Cheese 1/2 oz Water	Peach Muffin A-16a Milk	Yogurt Graham Crackers Water	Banana Smoothies Vanilla Wafers Water
Canned Chicken Sandwich A-02 Green Bean Tropical Fruit Milk	Turkey Burger Kinkle Fries Grapes Milk	Pizza with Cheese Toppings D-23A Green Salad Apple Slices Milk	Turkey Burritos D-21 Mexican Corn (cream cheese and salsa) Bananas Milk	Sweet & Sour Chicken D-06 Rice Peas and Carrots Peaches Milk
Fish Crackers Apple Sauce Water	Bagels Jam ____Juice	Fruit Kabobs Ritz Crackers Water	Carrot and Cucumbers Ranch Dressing Wheat Thins Water	Sugar Cookies D-15 Milk
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Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
Waffles Syrup Mixed Berries Milk	Pancakes Pears Milk	Cinnamon Bagels Mixed Berries Milk	French Toast Frozen Berries Milk	Variety Oatmeal Grapes Milk
Corn Muffins A-2 Tropical Fruit Water	Cheese Its Apple Slices	Mini Pretzels ____Juice	Ritz Crackers String Cheese	Oatmeal Muffins Squares A-16 Milk
Turkey and Cheese Sandwich Peaches Carrots Milk	Tortilla Roll-Up F-7 Green Salad oranges Milk	Beef & Rice Casserole D-7 Green Beans Grapes Milk	Stir Fry Chicken D-18 Rice Pineapple Chunks Milk	Fish Sticks Broccoli & Cauliflower Polonaise I-16 Grapes Milk
Nutrigrain Bars Milk	Club Cracker Sliced Cheese	Yogurt Graham Crackers	Carrots and Cucumbers Ranch Dressing Wheat Thins	Doughnuts Milk
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Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	4	5
Waffles Syrup Mixed Berries Milk	Corn Muffin A-02 Peaches Milk	Cinnamon Bagels bananas Milk		
Yogurt Bananas Water	Cottage Cheese Pineapple Water	Pineapple Scones A-1 White Grape Juice		
Ham & Cheese Sandwich Corn Pears Milk	Mac & Cheese D-20 Peas Orange Slices Milk	Baked Scrambled Eggs D-15 Spinach Salad Apple Sauce Rolls Milk		
Bagels Cream Cheese _____Juice	Nutrigrain Bar Milk	Trail Mix _____Juice		
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