

2024

Wise Owl Day Care

Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
Hard boiled eggs served with oranges, whole grain toast and butter	Whole grain bagels served with wow butter, butter and apples	Hard boiled eggs served with kiwis , whole grain English muffins and butter	Whole grain cereal with bananas and whole milk	Hard boiled eggs served with whole grain toast, butter and grapes
Quinoa casserole, cooked peas, sliced pickles, whole milk and seasonal fruit	Cream of Broccoli soup with whole grain egg salad sandwiches and sliced peppers served with whole milk and seasonal fruit	Whole grain pasta with tomato meat sauce served with caesar salad, pickled beets, whole milk and seasonal fruit	Vegetarian bean chilli with rice, cheddar and sour cream, zucchini slices, served with whole milk and seasonal fruit	Homemade chicken corn chowder with whole grain buns and butter, sliced tomatoes, whole milk and seasonal fruit
Homemade yogurt dip with apple slices	Chocolate chip zucchini loaf served with pepper slices and whole milk	Unsweetened apple sauce served with hemp seeds and whole grain crackers	Whole grain wraps with bananas	Blueberries with Cheddar cheese

Full day requirement - (VF) 4 servings, (GP) 2 servings, (MkA) 2 servings, (MA) 1 serving
 Before/After school requirement - (VF) 1 serving, one serving of (GP) or (MkA) or (MA)