



The Rose Garden Early Childhood Center Menu

It's a wholesome menu that is nut-free and based on organic, local ingredients. All the recipes have been "tested" by the children and adapted for taste. The best meals are the ones that the children eat and they eat all of the following!

Morning Snack in the Dandelion and Sweet pea rooms at 9:00 -9:30 a.m.:

Monday: cooked rice with soy sauce

Tuesday: oatmeal with milk

Wednesday: cooked millet with soy sauce

Thursday: cooked whole grain cereal with milk

Friday: whole wheat bread (home-baked) with sunflower butter

The mornings snack for the Rosebud room (the 4's and 5's) is:

Monday: apples with sunflower seeds and raisins

Tuesday: homemade granola with milk alternative

Wednesday: apples with sunflower seeds and raisins

Thursday: homemade granola with milk alternative

Friday: homemade bread with sunflower butter

Lunches

Monday	Stir fry made with brown rice, carrots, onions, chick peas, sweet potatoes
Tuesday	Pancakes with yogurt, applesauce, carrots
Wednesday	Seasonal vegetable soup with millet, cheese and homemade croutons
Thursday	Bean burritos with carrots salad alternating with whole wheat pasta with fresh basil and tomato sauce with cheese on top
Friday	Pizza (home-made bread) covered with tomato sauce and cheese served with carrot sticks

Afternoon Snack at 3:00 – 3:30 p.m.

Monday – apples with sunflower butter

Tuesday – crackers with cream cheese and jam

Wednesday – apples and sunflower butter

Thursday – homemade bread with sunflower butter

Friday – popcorn with nutritional yeast and olive oil