



OUR WEEKLY MENU

Week 1



02 / 03 / 25

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02 / 07 / 25

M

- Breakfast: Oatmeal with cinnamon and apples, milk
- AM Snack: Carrot sticks with ranch dip
- Lunch: Turkey and cheese sandwich on whole wheat bread, broccoli, apple slices, milk
- PM Snack: Whole grain crackers with cheese

T

- Breakfast: Scrambled eggs, sausage, whole wheat toast with butter, milk
- AM Snack: Sliced cucumber with hummus/Ranch dressing
- Lunch: Chicken and vegetable stir fry with brown rice, mixed fruit, milk
- PM Snack: Yogurt with granola

W

- Breakfast: French toast strips with syrup, pineapple chunks, milk
- AM Snack: Apple slices with peanut butter/substitution
- Lunch: Grilled cheese sandwich, tomato soup, strawberries, milk
- PM Snack: Whole grain pretzels with banana

TH

- Breakfast: Whole wheat waffles with strawberries, milk
- AM Snack: Celery with cream cheese and raisins
- Lunch: Spaghetti with ground beef, marinara sauce, steamed broccoli, mixed berries, milk
- PM Snack: Cottage cheese with pineapple

F

- Breakfast: Whole grain cereal with milk and mixed berries
- AM Snack: Sliced cucumber with dip
- Lunch: Fish sticks, sweet potato fries, peas, apple slices, milk
- PM Snack: Raisins and whole grain crackers

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OUR WEEKLY MENU

Week 2



02 / 10 / 25

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02 / 14 / 25

M

- Breakfast: Whole grain waffles with syrup, milk
- AM Snack: Sliced pears with cheese
- Lunch: Chicken quesadilla with salsa, steamed corn, orange slices, milk
- PM Snack: Trail mix with whole grain cereal, dried fruit, and seeds

T

- Breakfast: Yogurt with granola and berries, milk
- AM Snack: Veggie sticks with ranch dip
- Lunch: Macaroni and cheese with ground beef and peas, side of apple slices, milk
- PM Snack: Rice cakes with almond butter/substitution

W

- Breakfast: Scrambled eggs scramble with sausage and cheese with toast, milk
- AM Snack: Sliced peaches with a sprinkle of cinnamon
- Lunch: Turkey meatballs with mashed potatoes, green beans, mixed fruit, milk
- PM Snack: Whole grain crackers with cheddar cheese

TH

- Breakfast: Whole grain pancakes with sliced strawberries, milk
- AM Snack: Baby carrots with ranch dip
- Lunch: Beef tacos with shredded lettuce, diced tomatoes, and cheese, side of corn, milk
- PM Snack: Banana with peanut butter/substitution

F

Valentine's Day

- Breakfast: Smoothie with milk, strawberries, banana, yogurt, for a fun Valentine's twist
- AM Snack: Valentine's Day Cookies/Cupcakes with strawberries
- Lunch: Valentine's heart-shaped turkey sandwiches, carrot sticks, apple sauce, milk
- PM Snack: Yogurt with whip cream and pink sprinkles



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The Daycare Network



OUR WEEKLY MENU

Week 3



02 / 17 / 25

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02 / 21 / 25

M

- Breakfast: Heart-shaped whole wheat pancakes with strawberries and pink yogurt, milk
- AM Snack: Mixed berries and crackers
- Lunch: Fish sticks, mashed potatoes, steamed peas, milk
- Trail mix with dried fruit, seeds, and whole grain cereal

T

- Breakfast: Scrambled eggs with diced tomatoes, whole wheat toast, milk
- AM Snack: Mandarin oranges and crackers
- Lunch: Chicken nuggets, sweet potato fries, steamed broccoli, milk
- PM Snack: Whole grain pretzels and cheese

W

- Breakfast: Oatmeal with raisins and cinnamon, milk
- AM Snack: Celery sticks with cream cheese and raisins
- Lunch: Grilled cheese sandwich, tomato soup, apple sauce, milk
- PM Snack: Sliced peaches with yogurt

TH

- Breakfast: Whole grain waffles with apple slices, milk
- AM Snack: Baby carrots with ranch dip
- Lunch: Beef and vegetable stir-fry with brown rice, orange slices, milk
- PM Snack: Rice cakes with almond butter/substitute

F

- Breakfast: Smoothie with strawberries, spinach, banana, and yogurt, milk
- AM Snack: Sliced apples with cheese
- Lunch: Cheese pizza, steamed carrots, side of apple sauce, milk
- PM Snack: Whole wheat crackers with hummus

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OUR WEEKLY MENU

Week 4



02 / 24 / 25

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02 / 28 / 25

M

- Breakfast: Whole grain cereal with milk and sliced bananas
- AM Snack: Apple slices with peanut butter/substitute
- Lunch: Chicken and cheese wrap with lettuce, carrot sticks, apple sauce, milk
- PM Snack: Whole grain crackers with cheese

T

- Breakfast: Yogurt with granola and berries, milk
- AM Snack: Sliced cucumber with hummus/Ranch dip
- Lunch: Spaghetti with meatballs, side of steamed broccoli, apple slices, milk
- PM Snack: Rice cakes with almond butter/substitute

W

- Breakfast: Scrambled eggs with shredded cheese with whole wheat toast, milk
- AM Snack: Celery with cream cheese and raisins
- Lunch: Turkey and cheese sandwich, baby carrots, apple sauce, milk
- PM Snack: Whole grain pretzels

TH

- Breakfast: Pancakes with syrup and sliced strawberries, milk
- AM Snack: Veggie sticks with ranch dip
- Lunch: Chicken tenders, sweet potato fries, green beans, apple sauce, milk
- PM Snack: Yogurt with granola

F

- Breakfast: Whole grain waffles with syrup, sausage, milk
- AM Snack: Sliced pears with cheese
- Lunch: Beef taco salad with lettuce, tomatoes, cheese, and salsa, milk
- PM Snack: Banana with peanut butter/substitute

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FAIRY BERRY PARFAIT



YOU WILL NEED:

- 1 CUP OF MIXED BERRIES (STRAWBERRIES, BLUEBERRIES, RASPBERRIES)
- 1 CUP OF VANILLA YOGURT (OR GREEK YOGURT FOR A CREAMIER TEXTURE)
- 1 TBSP OF HONEY OR MAPLE SYRUP (OPTIONAL FOR ADDED SWEETNESS)
- 1/2 CUP OF GRANOLA
- EDIBLE GLITTER OR RAINBOW SPRINKLES (OPTIONAL, FOR FAIRY DUST)
- MINT LEAVES (FOR GARNISH, OPTIONAL)

INSTRUCTIONS:

Prepare the yogurt:

- In a small bowl, mix the vanilla yogurt with honey or maple syrup for sweetness. Stir until smooth and well-combined.

Assemble the Parfaits:

- In clear glasses or small cups, layer the yogurt mixture first.
- Add a layer of mixed berries, followed by a sprinkle of granola.
- Repeat the layers until the glass is filled, finishing with a top layer of yogurt and berries.

Add the Fairy Dust:

- Sprinkle edible glitter or rainbow sprinkles on top of the final yogurt layer to give it that magical, fairy dust look.
- Garnish with fresh mint leaves for an extra touch of color and freshness.

Serve and Enjoy: These fairy berry parfaits make a healthy and fun snack, full of vitamins and nutrients while adding a bit of magic!



FAIRY DUST POPCORN



YOU WILL NEED:

- 1 BAG OF MICROWAVE POPCORN (OR ABOUT 8 CUPS OF POPPED POPCORN)
- 1/2 CUP WHITE CHOCOLATE CHIPS
- 1 TABLESPOON EDIBLE GLITTER OR SHIMMERING SUGAR
- 1/2 TEASPOON VANILLA EXTRACT
- A PINCH OF PINK, PURPLE, AND BLUE COLORED SUGAR CRYSTALS (OPTIONAL)

INSTRUCTIONS:

Prepare the yogurt:

- Pop the popcorn and set it aside in a large mixing bowl, removing any unpopped kernels.
- In a microwave-safe bowl, melt the white chocolate chips. Microwave in 20-second intervals, stirring in between, until fully melted and smooth.
- Stir the vanilla extract into the melted white chocolate and drizzle it evenly over the popcorn.
- Sprinkle the edible glitter or shimmering sugar over the popcorn to give it a magical, sparkling appearance.
- If you'd like, add a few colorful sugar crystals in pink, purple, and blue to create an extra enchanting touch.
- Gently toss the popcorn to coat it evenly with the magical toppings.
- Let the popcorn cool for a few minutes to set the chocolate, then serve in cute bowls or jars for a fun fairy-themed treat!

This popcorn is perfect for creating a whimsical, fairy-themed snack!

