



# TNT Kidz Center Menu

\*All Menu Items are subject to change

<p><b>Serving Sizes:</b></p> <p><b>Proteins: 1/2 ounce</b>  <b>Milk: 1/2 cup</b>  <b>Vegetables: 1/2 cup</b>  <b>Fruits: 1/2 cup</b>  <b>Breads: 1/2 slice</b>  <b>Pasta: 1/4 cup</b></p>	<b>1/3/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Cereal & Fruit	Oatmeal & Bacon	Cereal & Fruit	Eggs w/ Veggies	Smoothie & Graham Cracker
	<b>AM Snack</b>	Smoothie & Graham Cracker	WaterMelon Yogurt Pizza	Eggs & Toast	Yogurt Parfait	Sun Butter & Ban. Toast
	<b>Lunch</b>	Burrito Bowls	Minestrone Soup & Toast	Mediterranean Veggie Heros	Chicken Alfredo & Broccoli	Burrito Bowls
	<b>PM Snack</b>	Loaded Nachos	Cheese & Crackers	Apples & Sun Butter	Loaded Nachos	Veggies & Ranch
	<b>1/10/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Oatmeal & Bacon	Eggs & Fruit	Bagels & Fruit	Blueberry Oatmeal	Cereal & Fruit
	<b>AM Snack</b>	Eggs & Toast	Biscuits, Sausage	Smoothie & Graham Cracker	Yogurt Parfait	Create your own Waffles
	<b>Lunch</b>	Chicken Melt Sandwiches & Veggies	Street Tacos & Mango Salsa	Shepherd's Pie	Lasagna, Green Salad	Chicken & Quinoa w/ veggies
	<b>PM Snack</b>	Hummus, Pita, Veggies	Chia Bread Pudding	Cream Cheese Crackers	Chips & Salsa	Pizza Toast!
	<b>1/17/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Cinnamon Muffins & Fruit	Eggs & Toast	Cereal & Fruit	Oatmeal & Bacon	Smoothie & Graham Cracker
	<b>AM Snack</b>	Breakfast Tacos	Cinnamon Muffins & Fruit	Avocado Toast	Yogurt Parfait	Bagels & Fruit
	<b>Lunch</b>	Baked Lemon Salmon, Veggies, Rice	Chicken Marinara & Pasta, Veggies	Beef Stew, Cornbread	Egg Salad, Fruit Salad	BBQ Chicken, Mashed Potatoes, Brussel Sprouts
	<b>PM Snack</b>	Veggies & Ranch	SunButter & Jelly Crackers	HB Eggs & Veggies	Apples & Sun Butter	Loaded Nachos
<p><i>Milk is served once a day at Lunch Time.</i></p> <p>We utilize Whole Grains for our crackers, bread and pasta items as much as possible. We also cook with Coconut oil and Ghee Butter. We always include all necessary food groups throughout the day and add fresh fruits and veggies to our meals. Our menu is a guideline; however we add and adjust as needed based on ingredient availability and needs of the center.</p>	<b>1/24/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Apple Cinnamon Oatmeal	Pancakes	Smoothie & Graham Cracker	Ban Choc Chip Muffins & Applesauce	Eggs & Fruit
	<b>AM Snack</b>	Bagels & Fruit	Quiche & Fruit	Strawberry Fruit Waffles	Yogurt Parfait	Ban Choc Chip Muffins & Applesauce
	<b>Lunch</b>	Roast Beef & Chile Sandwiches, Potato Salad	Spaghetti & Green Salad	Broccoli Casserole, Turkey	Burrito Bowls	Steak, Potatoes, Veggies
	<b>PM Snack</b>	Veggies, Dip	Chips & Salsa	Chia Bread Pudding	Ants on a log	Cheese & Crackers
		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>					
	<b>AM Snack</b>					
	<b>Lunch</b>					
	<b>PM Snack</b>					



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	<b>Breakfast</b>	Smoothie & Graham Cracker	Oatmeal & Bacon	Cereal & Fruit	Eggs w/ Veggies	Smoothie & Graham Cracker
	<b>AM Snack</b>	Strawberry Fruit Waffles	WaterMelon Yogurt Pizza	Eggs & Toast	Yogurt Parfait	Sun Butter & Ban. Toast
	<b>Lunch</b>	Broccoli Casserole, Turkey	Minestrone Soup & Toast	Mediterranean Veggie Heros	Chicken Alfredo & Broccoli	Burrito Bowls
	<b>PM Snack</b>	Chia Bread Pudding	Cheese & Crackers	Apples & Sun Butter	Loaded Nachos	Veggies & Ranch
	<b>2/7/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Oatmeal & Bacon	Eggs & Fruit	Bagels & Fruit	Blueberry Oatmeal	Cereal & Fruit
	<b>AM Snack</b>	Eggs & Toast	Biscuits, Sausage	Smoothie & Graham Cracker	Yogurt Parfait	Create your own Waffles
	<b>Lunch</b>	Chicken Melt Sandwiches & Veggies	Street Tacos & Mango Salsa	Shepherd's Pie	Lasagna, Green Salad	Chicken & Quinoa w/ veggies
	<b>PM Snack</b>	Hummus, Pita, Veggies	Chia Bread Pudding	Cream Cheese Crackers	Chips & Salsa	Pizza Toast!
	<b>2/14/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Eggs & Bacon	Pancakes	Eggs & Fruit	Blueberry Oatmeal	Cereal & Fruit
	<b>AM Snack</b>	Breakfast Tacos	Eggs & Toast	Create your own Waffles	Yogurt Parfait	Smoothie & Graham Cracker
	<b>Lunch</b>	BBQ Beef Sandwiches, Macaroni Salad	Baked Lemon Salmon, Veggies, Rice	Tomato Soup & Grilled Cheese	Spaghetti & Green Salad	Burrito Bowls
	<b>PM Snack</b>	Cheese & Crackers	Chia Bread Pudding	SunButter & Jelly Crackers	Veggies & Ranch	Loaded Nachos
<p><i>Milk is served once a day at Lunch Time.</i></p> <p>We utilize Whole Grains for our crackers, bread and pasta items as much as possible. We also cook with Coconut oil and Ghee Butter. We always include all necessary food groups throughout the day and add fresh fruits and veggies to our meals. Our menu is a guideline; however we add and adjust as needed based on ingredient availability and needs of the center.</p>	<b>2/21/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Eggs & Strawberries	Oatmeal & Bacon	Cereal & Fruit	Eggs w/ Veggies	Smoothie & Graham Cracker
	<b>AM Snack</b>	Apple Cinnamon Oatmeal	Smoothie & Graham Cracker	Apple Cinnamon Oatmeal	Yogurt Parfait	Egg Quiche & Fruit
	<b>Lunch</b>	Burrito Bowls & Crispy Tortillas	Chicken Alfredo Pasta w/ Peas	Potato Sausage Soup & Italian Toast	BBQ Chicken, Mashed Potatoes & Broccoli	Gyro Melt Rolls & Salad
	<b>PM Snack</b>	Veggies & Ranch	Cheese & Crackers	Apples & Animal Crackers	Loaded Nachos	Veggies & Ranch
		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>					
	<b>AM Snack</b>					
	<b>Lunch</b>					
	<b>PM Snack</b>					



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<p><b>Serving Sizes:</b></p> <p><b>Proteins: 1/2 ounce</b>  <b>Milk: 1/2 cup</b>  <b>Vegetables: 1/2 cup</b>  <b>Fruits: 1/2 cup</b>  <b>Breads: 1/2 slice</b>  <b>Pasta: 1/4 cup</b></p>	<b>2/28/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
	<b>Breakfast</b>	Oatmeal & Bacon	Eggs & Fruit	Bagels & Fruit	Blueberry Oatmeal	Cereal & Fruit	
	<b>AM Snack</b>	Breakfast Sandwiches	Smoothie & Graham Cracker	Biscuits, Sausage & Gravy	Yogurt Parfait	Waffles with Whipped Cream	
	<b>Lunch</b>	Beef & Veggie Kabobs	Street Tacos & Salsa	Gyros and Potato Salad	Lasagna, Green Salad	Grilled Chicken & Quinoa w/ roasted veggies	
	<b>PM Snack</b>	Hummus, Pita & Veggies	Make your own Pizza!	Cream Cheese Crackers & Fruit	In the Classroom: Sugar Cookies & Fruit	Chips & Salsa	
	<b>3/7/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
	<b>Breakfast</b>	Cinnamon Muffins & Fruit	Eggs & Toast	Chia Bread Pudding & Fruit	Oatmeal & Bacon	Smoothie & Graham Cracker	
	<b>AM Snack</b>	Breakfast Tacos	Cinnamon Muffins & Fruit	Avocado Toast w/ Tomatoes	Yogurt Parfait	Bagels & Fruit	
	<b>Lunch</b>	Lemon Pepper Trout, Veggies, Rice	Chicken Marinara Pasta, Veggies	Chili & Cornbread	Egg Salad Sandwiches, Fruit Salad	BBQ Chicken, Mashed Potatoes, Brussel Sprouts	
	<b>PM Snack</b>	Veggies & Ranch	SunButter & Jelly Crackers	HB Eggs & Veggies	Chia Bread Pudding & Fruit	Loaded Nachos	
	<b>3/14/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
	<b>Breakfast</b>	Apple Cinnamon Oatmeal	Chocolate Chip Pancakes	Smoothie & Graham Cracker	Ban Choc Chip Muffins & Applesauce	Eggs & Fruit	
	<b>AM Snack</b>	Bagels & Fruit	Quiche & Fruit	Strawberry Fruit Waffles	Yogurt Parfait	Ban Choc Chip Muffins & Applesauce	
	<b>Lunch</b>	Roast Beef & Chile Sandwiches, Potato Salad	Spaghetti & Green Salad	Burrito Bowls	Mexican Lasagna & Salad	Steak, Potatoes, Veggies	
	<b>PM Snack</b>	Veggies, Dip	Chips & Salsa	Make your own Pizza!	Ants on a log	Cheese & Crackers	
	<p><i>Milk is served once a day at Lunch Time.</i></p> <p>We utilize Whole Grains for our crackers, bread and pasta items as much as possible. We also cook with Coconut oil and Ghee Butter. We always include all necessary food groups throughout the day and add fresh fruits and veggies to our meals. Our menu is a guideline; however we add and adjust as needed based on ingredient availability and needs of the center.</p>	<b>3/21/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		<b>Breakfast</b>	Eggs & Bacon	Pancakes	Eggs & Fruit	Blueberry Oatmeal	Cereal & Fruit
		<b>AM Snack</b>	Breakfast Tacos	Eggs & Toast	Blueberry Coffee Cake	Create your own Waffles	Yogurt Parfait
		<b>Lunch</b>	BBQ Beef Sandwiches, Macaroni Salad	Tacos, Beans & Cheese	Chicken Soup & Grilled Cheese	Garlic Alfredo Pasta & Green Salad	Burrito Bowls
		<b>PM Snack</b>	Cheese & Crackers	Chia Bread Pudding	SunButter & Jelly Crackers	Veggies & Ranch	Loaded Nachos
<b>3/28/22</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<b>Breakfast</b>		Breakfast Sandwiches	Cinnamon Muffins & Fruit	Pancakes	Apple Cinnamon Oatmeal	Eggs & Bacon	
<b>AM Snack</b>		Eggs & Fruit	Biscuits, Sausage & Gravy	Quiche & Fruit	Yogurt Parfait	Breakfast Tacos	
<b>Lunch</b>		Shrimp Scampi & Garlic Bread	Taco Salad	Grilled Stuffed Burritos & Salad	Shredded Meat Pita Pocket with Dill Sauce	Make your own Pizza!	
<b>PM Snack</b>		Loaded Nachos	Cinnamon Muffins & Fruit Salad	SunButter & Jelly Crackers	Apple Pie Casserole	Veggie Kabobs	



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	<b>Breakfast</b>	Cereal & Fruit	Oatmeal & Bacon	Cereal & Fruit	Eggs w/ Veggies	Smoothie & Graham Cracker	
	<b>AM Snack</b>	Smoothie & Graham Cracker	WaterMelon Yogurt Pizza	Eggs & Toast	Yogurt Parfait	Sun Butter & Cinnamon Toast	
	<b>Lunch</b>	Burrito Bowls	Chana Masala & Rice	Chicken, Mashed Potatoes, & Green Beans	Spaghetti, Fruit, Potatoes	Burrito Bowls	
	<b>PM Snack</b>	Loaded Nachos	Cheese & Crackers	Cinnamon Muffins & Fruit	Loaded Nachos	Veggies & Ranch	
	<b>4/11/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
	<b>Breakfast</b>	Oatmeal & Bacon	Eggs & Fruit	Bagels & Fruit	Blueberry Oatmeal	Cereal & Fruit	
	<b>AM Snack</b>	Eggs & Toast	Biscuits, Sausage	Smoothie & Graham Cracker	Yogurt Parfait	Create your own Waffles	
	<b>Lunch</b>	Turkey Melt Sandwiches & Veggies	Hamburgers and Homemade French Fries	Chicken Ceasar Wraps	Lasagna, Green Salad	Chicken & Quinoa w/ Roasted Veggies	
	<b>PM Snack</b>	Potato Skins	Chia Bread Pudding	Cream Cheese Crackers	Chips & Salsa	Pizza Toast!	
	<b>4/18/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
	<b>Breakfast</b>	Cinnamon Muffins & Fruit	Eggs & Toast	Cereal & Fruit	Oatmeal & Bacon	Smoothie & Graham Cracker	
	<b>AM Snack</b>	Breakfast Tacos	Cinnamon Muffins & Fruit	Avocado Toast	Yogurt Parfait	Bagels & Fruit	
	<b>Lunch</b>	Dill Chicken Pitas	Chicken Marinara & Pasta, Veggies	Grilled Stuffed Burritos	Antipasto Salad, Fruit Salad	BBQ Chicken, Mashed Potatoes, Brussel Sprouts	
	<b>PM Snack</b>	Veggies & Ranch	SunButter & Jelly Crackers	HB Eggs & Veggies	Carrot Fries	Loaded Nachos	
	<p><i>Milk is served once a day at Lunch Time.</i></p> <p>We utilize Whole Grains for our crackers, bread and pasta items as much as possible. We also cook with Coconut oil and Ghee Butter. We always include all necessary food groups throughout the day and add fresh fruits and veggies to our meals. Our menu is a guideline; however we add and adjust as needed based on ingredient availability and needs of the center.</p>	<b>4/25/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		<b>Breakfast</b>	Apple Cinnamon Oatmeal	Pancakes	Smoothie & Graham Cracker	Ban Choc Chip Muffins & Applesauce	Eggs & Fruit
		<b>AM Snack</b>	Bagels & Fruit	Quiche & Fruit	Strawberry Fruit Waffles	Yogurt Parfait	Ban Choc Chip Muffins & Applesauce
		<b>Lunch</b>	Roast Beef & Chile Sandwiches, Potato Salad	Spaghetti & Green Salad	Country Mac w/ Broccoli	Burrito Bowls	Hamburgers & Fruit
		<b>PM Snack</b>	Veggies, Dip	Carrot Zucchini Bars	Chia Bread Pudding	Ants on a log	Cheese & Crackers
		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<b>Breakfast</b>							
<b>AM Snack</b>							
<b>Lunch</b>							
<b>PM Snack</b>							



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	<b>Breakfast</b>	Smoothie & Graham Cracker	Oatmeal & Bacon	Cereal & Fruit	Eggs w/ Veggies	Smoothie & Graham Cracker
	<b>AM Snack</b>	Strawberry Fruit Waffles	WaterMelon Yogurt Pizza	Eggs & Hash Browns	Yogurt Parfait	Sun Butter & Ban. Toast
	<b>Lunch</b>	Caesar Wraps	Chicken Parmesan Burgers	Mediterranean Veggie Heros	Fajitas & Beans	Burrito Bowls
	<b>PM Snack</b>	Homemade Guac & Chips	Cheese & Crackers	Apples & Sun Butter	Blondies & Fruit	Veggies & Ranch
	<b>5/9/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Oatmeal & Bacon	Eggs & Fruit	Bagels & Fruit	Blueberry Oatmeal	Cereal & Fruit
	<b>AM Snack</b>	Eggs & Toast	Biscuits, Sausage	Smoothie & Graham Cracker	Yogurt Parfait	Create your own Waffles
	<b>Lunch</b>	Chicken Melt Sandwiches & Veggies	Street Tacos & Mango Salsa	Garden Pizza	Shrimp & Grilled Corn Salad	Chicken & Quinoa w/ veggies
	<b>PM Snack</b>	Hummus, Pita, Veggies	Chia Bread Pudding	Cream Cheese Crackers	Chips & Salsa	Pizza Toast!
	<b>5/16/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Eggs & Bacon	Pancakes	Eggs & Fruit	Blueberry Oatmeal	Cereal & Fruit
	<b>AM Snack</b>	Breakfast Tacos	Eggs & Toast	Create your own Waffles	Yogurt Parfait	Smoothie & Graham Cracker
	<b>Lunch</b>	BBQ Beef Sandwiches, Macaroni Salad	Grilled Lemon Salmon, Veggies, Rice	Chicken, Nectarine & Avocado Salad	Stuffed Zucchini Boats	Burrito Bowls
	<b>PM Snack</b>	Cheese & Crackers	Chia Bread Pudding	SunButter & Jelly Crackers	Veggies & Ranch	Loaded Nachos
	<p><i>Milk is served once a day at Lunch Time.</i></p> <p>We utilize Whole Grains for our crackers, bread and pasta items as much as possible. We also cook with Coconut oil and Ghee Butter. We always include all necessary food groups throughout the day and add fresh fruits and veggies to our meals. Our menu is a guideline; however we add and adjust as needed based on ingredient availability and needs of the center.</p>	<b>5/23/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>Breakfast</b>		Eggs & Strawberries	Oatmeal & Bacon	Cereal & Fruit	Eggs w/ Veggies	Smoothie & Graham Cracker
<b>AM Snack</b>		Apple Cinnamon Oatmeal	Smoothie & Graham Cracker	Apple Cinnamon Oatmeal	Yogurt Parfait	Egg Quiche & Fruit
<b>Lunch</b>		Burrito Bowls & Crispy Tortillas	Tangy Cilantro Lime Confetti Salad	BLT & Fruit	BBQ Chicken, Mashed Potatoes & Broccoli	Gyro Melt Rolls & Salad
<b>PM Snack</b>		Veggies & Ranch	Cheese & Crackers	Apples & Animal Crackers	Loaded Nachos	Veggies & Ranch
<b>5/30/22</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>			Eggs w/ Veggies			
<b>AM Snack</b>			Yogurt Parfait			
<b>Lunch</b>			Lime Shrimp Zoodles			
<b>PM Snack</b>			Nacho Fries			



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	<b>Breakfast</b>			Cereal & Fruit	Eggs w/ Veggies	Smoothie & Graham Cracker	
	<b>AM Snack</b>			Eggs & Toast	Yogurt Parfait	Sun Butter & Ban. Toast	
	<b>Lunch</b>			Mediterranean Veggie Heros	Fabulous Fajitas	Cauliflower Rice Burrito Bowls	
	<b>PM Snack</b>			Apples & Sun Butter	Fruit Salad	Mango Strawberry Pops	
	<b>6/6/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
	<b>Breakfast</b>	Oatmeal & Bacon	Eggs & Fruit	Bagels & Fruit	Blueberry Oatmeal	Cereal & Fruit	
	<b>AM Snack</b>	Eggs & Toast	Biscuits, Sausage	Smoothie Bowls	Yogurt Parfait	Create your own Waffles	
	<b>Lunch</b>	Bacon Popper Corn Salad	Street Tacos & Mango Salsa	Garden Pizza	Club Sandwiches & Macaroni Salad	Chicken & Quinoa w/ veggies	
	<b>PM Snack</b>	Hummus, Pita, Veggies	Chia Bread Pudding	Cream Cheese Crackers	Chocolate Brownie Energy Bites	Pizza Toast!	
	<b>6/13/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
	<b>Breakfast</b>	Eggs & Bacon	Pancakes	Eggs & Fruit	Blueberry Oatmeal	Cereal & Fruit	
	<b>AM Snack</b>	Breakfast Tacos	Teddy Bear Toast	Create your own Waffles	Yogurt Parfait	Smoothie & Graham Cracker	
	<b>Lunch</b>	Cuban Sandwiches, Macaroni Salad	Chicken Cobb Salad	Baked Chicken with Bacon-Tomato Relish	Stuffed Zucchini Boats	Burrito Bowls	
	<b>PM Snack</b>	Cheese & Crackers	Fruit Kabobs	Three Bean Salad	Veggies & Ranch	Loaded Nachos	
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		<b>Breakfast</b>		Oatmeal & Bacon	Cereal & Fruit	Eggs w/ Veggies	Smoothie & Graham Cracker
		<b>AM Snack</b>		Blueberry Banana Protein Muffins	Apple Cinnamon Oatmeal	Yogurt Parfait	Egg Quiche & Fruit
		<b>Lunch</b>		Strawberry Feta Chicken Salad	BLT & Fruit	Salsa Chicken Bowls	Gyro Melt Rolls & Salad
		<b>PM Snack</b>		DIY Trail Mix	Apples & Animal Crackers	Tacos in a bag	Veggies & Ranch
<b>6/27/22</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<b>Breakfast</b>		Eggs & Strawberries	Eggs w/ Veggies	Oatmeal & Bacon	Cereal & Fruit		
<b>AM Snack</b>		Apple Cinnamon Oatmeal	Yogurt Parfait	Smoothie & Graham Cracker	Carrot Cake Muffins		
<b>Lunch</b>		Taco Pasta	Corn & Tomato Fettuccine	Lemon Chicken Pasta	BLT & Fruit		
<b>PM Snack</b>		Veggies & Ranch	Loaded Nachos	Cheese & Crackers	Apples & Animal Crackers		



# TNT Kidz Center Menu

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<p><b>Serving Sizes:</b></p> <p><b>Proteins: 1/2 ounce</b>  <b>Milk: 1/2 cup</b>  <b>Vegetables: 1/2 cup</b>  <b>Fruits: 1/2 cup</b>  <b>Breads: 1/2 slice</b>  <b>Pasta: 1/4 cup</b></p>	<b>7/1/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>					Oatmeal & Bacon
	<b>AM Snack</b>					Eggs & Toast
	<b>Lunch</b>					Peach Mango Caprese Salad
	<b>PM Snack</b>					Hummus, Pita, Veggies
	<b>7/4/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>		Eggs & Fruit	Bagels & Fruit	Blueberry Oatmeal	Cereal & Fruit
	<b>AM Snack</b>		Biscuits, Sausage	Peach Popsicle Smoothies & Graham Cracker	Yogurt Parfait	Create your own Waffles
	<b>Lunch</b>		Falafel Wrap w/ Tzatziki Sauce	Burgers & Fruit Salad	Quinoa Salad	Brie Grilled Cheese
	<b>PM Snack</b>		Chia Bread Pudding	Cream Cheese Crackers	Chips & Salsa	Pizza Toast!
	<b>7/11/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Eggs & Bacon	Pancakes	Eggs & Fruit	Blueberry Oatmeal	Cereal & Fruit
	<b>AM Snack</b>	Breakfast Tacos	Eggs & Toast	Create your own Waffles	Yogurt Parfait	Smoothie & Graham Cracker
	<b>Lunch</b>	BBQ Beef Sandwiches, Macaroni Salad	Smoked Salmon Pasta	Strawberry Poppy Seed Chicken Salad	Stuffed Bell Peppers	Tuna and Green Bean Pasta Salad
	<b>PM Snack</b>	Cheese & Crackers	Chia Bread Pudding	SunButter & Jelly Crackers	Veggies & Ranch	Loaded Nachos
	<p><i>Milk is served once a day at Lunch Time.</i></p> <p>We utilize Whole Grains for our crackers, bread and pasta items as much as possible. We also cook with Coconut oil and Ghee Butter. We always include all necessary food groups throughout the day and add fresh fruits and veggies to our meals. Our menu is a guideline; however we add and adjust as needed based on ingredient availability and needs of the center.</p>	<b>7/18/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>Breakfast</b>		Eggs & Strawberries	Oatmeal & Bacon	Cereal & Fruit	Eggs w/ Veggies	Smoothie & Graham Cracker
<b>AM Snack</b>		Apple Cinnamon Oatmeal	Smoothie & Graham Cracker	Apple Cinnamon Oatmeal	Yogurt Parfait	Egg Quiche & Fruit
<b>Lunch</b>		Hummus Veggie Wraps	Lemon Chicken Pasta	BLT & Fruit	Chicken Salad with Grapes	Watermelon Salad
<b>PM Snack</b>		Veggies & Ranch	Cheese & Crackers	Apples & Animal Crackers	Loaded Nachos	Veggies & Ranch
<b>7/25/22</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>		Cereal & Fruit	Eggs w/ Veggies	Bagels & Fruit	Blueberry Oatmeal	Bagels & Fruit
<b>AM Snack</b>		Eggs & Toast	Yogurt Parfait	Smoothie Bowls	Yogurt Parfait	Smoothie & Graham Cracker
<b>Lunch</b>		Turkey Pinwheels with Herb Cream Cheese	Pesto Zoodles with Grilled Corn	Garden Pizza	Club Sandwiches & Macaroni Salad	Make your Own Pizza
<b>PM Snack</b>		Apples & Sun Butter	Loaded Nachos	Cream Cheese Crackers	Chips & Salsa	Apple Crumble Pie



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	<b>Breakfast</b>	Smoothie & Graham Cracker	Oatmeal & Bacon	Cereal & Fruit	Eggs w/ Veggies	Smoothie & Graham Cracker	
	<b>AM Snack</b>	Strawberry Fruit Waffles	WaterMelon Yogurt Pizza	Eggs & Toast	Yogurt Parfait	Sun Butter & Ban. Toast	
	<b>Lunch</b>	Caesar Wraps	Smoked Trout and Snap Pea Pasta Salad	Mediterranean Veggie Heros	Tuna Salad Sandwiches	Tomato Avocado Grilled Cheese Sandwiches	
	<b>PM Snack</b>	Chia Bread Pudding	Cheese & Crackers	Apples & Sun Butter	Loaded Nachos	Veggies & Ranch	
	<b>8/8/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
	<b>Breakfast</b>	Oatmeal & Bacon	Eggs & Fruit	Bagels & Fruit	Blueberry Oatmeal	Cereal & Fruit	
	<b>AM Snack</b>	Eggs & Toast	Biscuits, Sausage	Smoothie Bowls	Yogurt Parfait	Create your own Waffles	
	<b>Lunch</b>	Greek Lentil Salad	Street Tacos & Mango Salsa	Garden Pizza	Avocado Burgers	Southwest Chicken Salad	
	<b>PM Snack</b>	Hummus, Pita, Veggies	Chia Bread Pudding	Pinwheel Wraps	Chips & Salsa	Pizza Toast!	
	<b>8/15/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
	<b>Breakfast</b>	Eggs & Bacon	Pancakes	Eggs & Fruit	Blueberry Oatmeal	Cereal & Fruit	
	<b>AM Snack</b>	Breakfast Tacos	Eggs & Toast	Create your own Waffles	Yogurt Parfait	Smoothie & Graham Cracker	
	<b>Lunch</b>	BBQ Beef Sandwiches, Macaroni Salad	Chicken Hummus Naan Wraps	Asian Brown Rice Salad	Asparagus Pesto Pasta	Chicken Cobb Salad	
	<b>PM Snack</b>	Cheese & Crackers	Chia Bread Pudding	SunButter & Jelly Crackers	Veggies & Ranch	Loaded Nachos	
	<p><i>Milk is served once a day at Lunch Time.</i></p> <p>We utilize Whole Grains for our crackers, bread and pasta items as much as possible. We also cook with Coconut oil and Ghee Butter. We always include all necessary food groups throughout the day and add fresh fruits and veggies to our meals. Our menu is a guideline; however we add and adjust as needed based on ingredient availability and needs of the center.</p>	<b>8/22/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		<b>Breakfast</b>	Eggs & Strawberries	Oatmeal & Bacon	Cereal & Fruit	Eggs w/ Veggies	Smoothie & Graham Cracker
		<b>AM Snack</b>	Blueberry Banana Baked Oatmeal	Smoothie & Graham Cracker	Apple Cinnamon Oatmeal	Yogurt Parfait	Egg Quiche & Fruit
		<b>Lunch</b>	Lettuce Wraps	Roasted Summer Veggie Salad Bowls	Garden Spaghetti Salad	BBQ Chicken, Mashed Potatoes & Broccoli	Cilantro Lime Chicken Salad
		<b>PM Snack</b>	Veggies & Ranch	Cheese & Crackers	Apples & Animal Crackers	Loaded Nachos	Veggies & Ranch
<b>8/29/22</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<b>Breakfast</b>		Cereal & Fruit	Eggs w/ Veggies	Oatmeal & Bacon			
<b>AM Snack</b>		Eggs & Toast	Yogurt Parfait	Smoothie & Graham Cracker			
<b>Lunch</b>		Mediterranean Veggie Heros	Lentil Salad	BLT & Fruit			
<b>PM Snack</b>		Apples & Sun Butter	Loaded Nachos	Cheese & Crackers			





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	<b>Breakfast</b>				Eggs w/ Veggies	Smoothie & Graham Cracker
	<b>AM Snack</b>				Yogurt Parfait	Sun Butter & Ban. Toast
	<b>Lunch</b>				Black Bean and Corn Salad	Turkey Avocado Sandwich
	<b>PM Snack</b>				Loaded Nachos	Veggies & Ranch
	<b>9/5/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>		Eggs & Fruit	Bagels & Fruit	Blueberry Oatmeal	Cereal & Fruit
	<b>AM Snack</b>		Biscuits, Sausage	Smoothie & Graham Cracker	Yogurt Parfait	Create your own Waffles
	<b>Lunch</b>		Street Tacos & Mango Salsa	Make your Own Pizza	Shrimp Scampi	Vegetable Millet Salad
	<b>PM Snack</b>		Chia Bread Pudding	Cream Cheese Crackers	Chips & Salsa	Pizza Toast!
	<b>9/12/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Eggs & Bacon	Pancakes	Eggs & Fruit	Blueberry Oatmeal	Cereal & Fruit
	<b>AM Snack</b>	Breakfast Tacos	Eggs & Toast	Create your own Waffles	Yogurt Parfait	Smoothie & Graham Cracker
	<b>Lunch</b>	Spinach Artichoke Pinwheels	Cajun Chicken Macaroni Salad	Roasted Street Corn Pasta Salad	Stuffed Zucchini Boats	Lentil Bolognese
	<b>PM Snack</b>	Cheese & Crackers	Chia Bread Pudding	SunButter & Jelly Crackers	Veggies & Ranch	Loaded Nachos
	<p><b>Milk is served once a day at Lunch Time.</b></p> <p>We utilize Whole Grains for our crackers, bread and pasta items as much as possible. We also cook with Coconut oil and Ghee Butter. We always include all necessary food groups throughout the day and add fresh fruits and veggies to our meals. Our menu is a guideline; however we add and adjust as needed based on ingredient availability and needs of the center.</p>	<b>9/19/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>Breakfast</b>		Eggs & Strawberries	Oatmeal & Bacon	Cereal & Fruit	Eggs w/ Veggies	Smoothie & Graham Cracker
<b>AM Snack</b>		Apple Cinnamon Oatmeal	Smoothie & Graham Cracker	Apple Cinnamon Oatmeal	Yogurt Parfait	Egg Quiche & Fruit
<b>Lunch</b>		Rosemary Chicken & Potatoes	BLT & Fruit	Butternut Lasagna	BBQ Chicken, Mashed Potatoes & Broccoli	Grilled Cheese and Tomato Soup
<b>PM Snack</b>		Veggies & Ranch	Cheese & Crackers	Apples & Animal Crackers	Loaded Nachos	Veggies & Ranch
<b>9/26/22</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>		Cereal & Fruit	Eggs w/ Veggies	Oatmeal & Bacon	Cereal & Fruit	Eggs w/ Veggies
<b>AM Snack</b>		Eggs & Toast	Yogurt Parfait	Smoothie & Graham Cracker	Apple Cinnamon Oatmeal	Yogurt Parfait
<b>Lunch</b>		Chicken Pot Pie	Chicken Noodle Soup	Roasted Summer Veggie Salad Bowls	Garden Spaghetti Salad	Roasted Chicken with Lebanese 7-Spice
<b>PM Snack</b>		Apples & Sun Butter	Loaded Nachos	Cheese & Crackers	Apples & Animal Crackers	Cookie Decorating



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	<b>10/3/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Smoothie & Graham Cracker	Oatmeal & Bacon	Cereal & Fruit	Eggs w/ Veggies	Smoothie & Graham Cracker
	<b>AM Snack</b>	Strawberry Fruit Waffles	WaterMelon Yogurt Pizza	Eggs & Toast	Yogurt Parfait	Sun Butter & Ban. Toast
	<b>Lunch</b>	Chicken Caesar Wraps	Lasagna & Green Salad	Stuffed Acorn Squash	Chicken Enchiladas	Burrito Bowls
	<b>PM Snack</b>	Chia Bread Pudding	Cheese & Crackers	Apples & Sun Butter	Loaded Nachos	Veggies & Ranch
	<b>10/10/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Oatmeal & Bacon	Eggs & Fruit	Bagels & Fruit	Blueberry Oatmeal	Cereal & Fruit
	<b>AM Snack</b>	Eggs & Toast	Biscuits, Sausage	Smoothie & Graham Cracker	Yogurt Parfait	Create your own Waffles
	<b>Lunch</b>	Turkey Melt Sandwiches & Veggies	Street Tacos & Mango Salsa	Chicken Marsala	White Bean Soup	Chicken & Quinoa w/ veggies
	<b>PM Snack</b>	Hummus, Pita, Veggies	Chia Bread Pudding	Cream Cheese Crackers	Chips & Salsa	Pizza Toast!
	<b>10/17/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Eggs & Bacon	Pancakes	Eggs & Fruit	Blueberry Oatmeal	Cereal & Fruit
	<b>AM Snack</b>	Breakfast Tacos	Eggs & Toast	Create your own Waffles	Yogurt Parfait	Smoothie & Graham Cracker
	<b>Lunch</b>	Tamale Pie	Baked Lemon Salmon, Veggies, Rice	Butternut and Potato Curry	Stuffed Zucchini Boats	Chili and Cornbread
	<b>PM Snack</b>	Cheese & Crackers	Chia Bread Pudding	SunButter & Jelly Crackers	Veggies & Ranch	Loaded Nachos
<p><b>Milk is served once a day at Lunch Time.</b></p> <p>We utilize Whole Grains for our crackers, bread and pasta items as much as possible. We also cook with Coconut oil and Ghee Butter. We always include all necessary food groups throughout the day and add fresh fruits and veggies to our meals. Our menu is a guideline; however we add and adjust as needed based on ingredient availability and needs of the center.</p>	<b>10/24/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Eggs & Strawberries	Oatmeal & Bacon	Cereal & Fruit	Eggs w/ Veggies	Pumpkin Pie Smoothie & Graham Cracker
	<b>AM Snack</b>	Apple Cinnamon Oatmeal	Smoothie & Graham Cracker	Apple Cinnamon Oatmeal	Yogurt Parfait	Egg Quiche & Fruit
	<b>Lunch</b>	Chicken and Potatoes Gratin	Baked Ziti & Salad	BLT & Fruit	BBQ Chicken, Mashed Potatoes & Broccoli	Roasted Chicken and Veggies w/ Rolls
	<b>PM Snack</b>	Veggies & Ranch	Cheese & Crackers	Apples & Animal Crackers	Loaded Nachos	Veggies & Ranch
	<b>10/31/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Cereal & Fruit				
	<b>AM Snack</b>	Eggs & Toast				
	<b>Lunch</b>	Lamb Stew				
	<b>PM Snack</b>	Apples & Sun Butter				



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	<b>Breakfast</b>		Oatmeal & Bacon	Cereal & Fruit	Eggs w/ Veggies	Smoothie & Graham Cracker
	<b>AM Snack</b>		WaterMelon Yogurt Pizza	Eggs & Toast	Yogurt Parfait	Sun Butter & Ban. Toast
	<b>Lunch</b>		White Chicken Chili and Cornbread	Make your Own Pizza	Slow Cooker Turkey Mushroom Bolognese	Veggie Enchiladas
	<b>PM Snack</b>		Cheese & Crackers	Apples & Sun Butter	Loaded Nachos	Veggies & Ranch
	<b>11/7/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Oatmeal & Bacon	Eggs & Fruit	Bagels & Fruit	Blueberry Oatmeal	
	<b>AM Snack</b>	Eggs & Toast	Biscuits, Sausage	Smoothie & Graham Cracker	Yogurt Parfait	
	<b>Lunch</b>	Meatballs and Spaghetti	Asian Pork Tacos with Slaw	Turkey Apple Cheddar Sandwich	Grilled Corn & Quinoa Salad	
	<b>PM Snack</b>	Hummus, Pita, Veggies	Chia Bread Pudding	Cream Cheese Crackers	Chips & Salsa	
	<b>11/14/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Eggs & Bacon	Pancakes	Pumpkin Pie Bites & Fruit	Blueberry Oatmeal	Cereal & Fruit
	<b>AM Snack</b>	Breakfast Tacos	Eggs & Toast	Create your own Waffles	Yogurt Parfait	Smoothie & Graham Cracker
	<b>Lunch</b>	Veggie Chili & Cornbread	Roasted Veggies and Chicken Feta Bowl	Broccoli, Bacon Mac & Cheese	Butternut Squash & Apple Soup with Parmesan Toast	Chicken Enchiladas
	<b>PM Snack</b>	Cheese & Crackers	Chia Bread Pudding	SunButter & Jelly Crackers	Veggies & Ranch	Loaded Nachos
	<p><b>Milk is served once a day at Lunch Time.</b></p> <p>We utilize Whole Grains for our crackers, bread and pasta items as much as possible. We also cook with Coconut oil and Ghee Butter. We always include all necessary food groups throughout the day and add fresh fruits and veggies to our meals. Our menu is a guideline; however we add and adjust as needed based on ingredient availability and needs of the center.</p>	<b>11/21/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>Breakfast</b>		Eggs & Strawberries	Oatmeal & Bacon	Cereal & Fruit		
<b>AM Snack</b>		Apple Cinnamon Oatmeal	Smoothie & Graham Cracker	Apple Cinnamon Oatmeal		
<b>Lunch</b>		Harvest Bounty Salad	Turkey Dinner	Meatball Soup		
<b>PM Snack</b>		Veggies & Ranch	Toasted Pumpkin Seeds & Cheese & Crackers	Pumpkin Pie (Made by the kids!)		
<b>11/28/22</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>		Cereal & Fruit	Eggs w/ Veggies	Eggs & Strawberries		
<b>AM Snack</b>		Eggs & Toast	Yogurt Parfait	Apple Cinnamon Oatmeal		
<b>Lunch</b>		Broccoli, Cheese & Quinoa Soup	Roasted Veggies & Chicken Apple Sausage	Baked Pasta with Chicken and Broccoli		
<b>PM Snack</b>		Apples & Sun Butter	Loaded Nachos	Veggies & Ranch		



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	<b>Breakfast</b>				Eggs w/ Veggies	Smoothie & Graham Cracker
	<b>AM Snack</b>				Yogurt Parfait	Sun Butter & Ban. Toast
	<b>Lunch</b>				Italian Chickpea Soup	Fried Chicken, Biscuits & Gravy
	<b>PM Snack</b>				Loaded Nachos	Veggies & Ranch
	<b>12/5/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Cereal & Fruit	Eggs & Fruit	Eggs w/ Veggies	Smoothie & Graham Cracker	Smoothie & Graham Cracker
	<b>AM Snack</b>	Create your own Waffles	Biscuits, Sausage	Yogurt Parfait	Egg Quiche & Fruit	Egg Quiche & Fruit
	<b>Lunch</b>	Fall Harvest Barley Bowl	Vegetable Soup	Rice, Quinoa, Root Veggie Bowl	Kale, White Bean & Sausage Soup	Roasted Chicken and Veggies w/ Rolls
	<b>PM Snack</b>	Pizza Toast!	Chia Bread Pudding	Loaded Nachos	Veggies & Ranch	Veggies & Ranch
	<b>12/12/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Breakfast</b>	Eggs & Bacon	Pancakes	Eggs & Fruit	Blueberry Oatmeal	Cereal & Fruit
	<b>AM Snack</b>	Breakfast Tacos	Eggs & Toast	Create your own Waffles	Yogurt Parfait	Smoothie & Graham Cracker
	<b>Lunch</b>	BBQ Beef Sandwiches, Macaroni Salad	Baked Lemon Salmon, Veggies, Rice	Chicken, Nectarine & Avocado Salad	Stuffed Zucchini Boats	Burrito Bowls
	<b>PM Snack</b>	Cheese & Crackers	Chia Bread Pudding	SunButter & Jelly Crackers	Veggies & Ranch	Loaded Nachos
	<p><b>Milk is served once a day at Lunch Time.</b></p> <p>We utilize Whole Grains for our crackers, bread and pasta items as much as possible. We also cook with Coconut oil and Ghee Butter. We always include all necessary food groups throughout the day and add fresh fruits and veggies to our meals. Our menu is a guideline; however we add and adjust as needed based on ingredient availability and needs of the center.</p>	<b>12/19/22</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>Breakfast</b>		Eggs & Strawberries	Oatmeal & Bacon	Cereal & Fruit	Eggs w/ Veggies	Smoothie & Graham Cracker
<b>AM Snack</b>		Apple Cinnamon Oatmeal	Smoothie & Graham Cracker	Apple Cinnamon Oatmeal	Yogurt Parfait	Egg Quiche & Fruit
<b>Lunch</b>		Baked Pasta with Sausage and Broccoli	Mac & Cheese Bake with Chicken	Grilled Lemon Chicken with Roasted Brussel Sprouts	Roast with Veggies and Duchess Baked Potatoes	Cheesy Corn Casserole
<b>PM Snack</b>		Veggies & Ranch	Cheese & Crackers	Apples & Animal Crackers	Loaded Nachos	Veggies & Ranch
<b>12/26/22</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>			Eggs w/ Veggies	Eggs & Fruit	Bagels & Fruit	Blueberry Oatmeal
<b>AM Snack</b>			Yogurt Parfait	Biscuits, Sausage	Smoothie & Graham Cracker	Yogurt Parfait
<b>Lunch</b>			Spaghetti & Meatballs	Asian Pork Tacos with Slaw	Turkey Apple Cheddar Sandwich	Grilled Corn & Quinoa Salad
<b>PM Snack</b>			Loaded Nachos	Chia Bread Pudding	Cream Cheese Crackers	Chips & Salsa