

CARMEL CLAY SCHOOLS EDU-CARE MENU

FALL

2019

3-5 year olds

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1 ▲	BREAKFAST	* Mini Pancakes	* Yogurt w/ Ultimate Breakfast Round	* Breakfast Bagel	* Blueberry Muffin	Chicken Biscuit Sandwich
	AM SNACK	Fresh Fruit Milk	* Trail Mix w/ Cherries Milk	Cottage Cheese w/ Pineapple Water	Fresh Veggies w/ Hummus Water	* Yogurt Smoothie w/ Granola Water
	LUNCH	* Mozzarella Sticks w/ Tomato Soup Black Beans Pineapple	* Chicken Smackers w/ Bread Mashed Potatoes Diced Peaches	* Cheeseburger Butternut Squash Fresh Fruit	Pasta w/ Meat Sauce Green Beans Diced Pears	* Turkey & Cheese Sandwich on Bun Steamed Broccoli Sliced Apples
	PM SNACK	* Blueberry Lemon Bites Juice	Cheese & Crackers Water	Bananas & Vanilla Wafers Milk	Applesauce Cups Milk	* Goldfish Crackers Milk

WEEK 2 ●	BREAKFAST	* Sausage Pancake Bites	Cheesy Omelet w/ Biscuit	* Mini Waffles	* Banana Muffin	* English Muffin w/ Sunbutter
	AM SNACK	Hummus w/ Pretzels Water	Apple Slices w/ Sunbutter Yogurt Dip Water	* Baked Cheez-It's Juice	* Yogurt Parfait w/ Rice Chex Water	Fresh Fruit Milk
	LUNCH	* Meatballs w/ Marinara & Garlic Toast Steamed Broccoli Fresh Fruit	* French Toast Sticks w/ Sausage Patty Triangle Tater Tots Cinnamon Baked Pears	* Chicken Patty Sandwich Steamed Carrots Pineapple	Beef Taco Bowls Refried Beans Diced Peaches	* Mini Corn Dogs Green Beans Mandarin Oranges
	PM SNACK	Raisins Milk	* Cheddar Whales Milk	Applesauce Cups Milk	* Pirates Booty Milk	Cheese Stick w/ Crackers Water

WEEK 3 ■	BREAKFAST	* Mini Pancakes	* Overnight Oats	Egg & Cheese Biscuit	* French Toast Sticks	* Assorted Cereal
	AM SNACK	* Yogurt Smoothie w/ Granola Water	Cheese Stick Milk	* Trail Mix w/ Cherries Milk	Cottage Cheese w/ Pineapple Water	Fresh Fruit Milk
	LUNCH	* Fish Sticks w/ Roll California Blend Veggies Applesauce	* Teriyaki Chicken w/ Rice Steamed Broccoli Mandarin Oranges	* 4x6 Cheese Pizza Green Beans Diced Peaches	* Chicken Nuggets w/ Bread Smiley Potatoes Fresh Fruit	* Sloppy Joe Sandwich on Hot Dog Bun Peas & Carrots Diced Pears
	PM SNACK	* Goldfish Crackers Milk	* Pirates Booty Juice	Fresh Veggies w/ Hummus Water	* Cinnamon Cracker Bites Milk	* French Toast Goldfish w/ Yogurt Cup Water



Whole Grain or Whole Wheat Item

Breakfast Notes
Fruit and milk served daily.

Lunch Notes
Milk served daily.



Contains Pork

August						September						October						November						December						
M	T	W	Th	F		M	T	W	Th	F		M	T	W	Th	F		M	T	W	Th	F		M	T	W	Th	F		
			1	2	▲	2	3	4	5	6	●		1	2	3	4	■					1	●	2	3	4	5	6	■	
5	6	7	8	9	●	9	10	11	12	13	■	7	8	9	10	11	▲	4	5	6	7	8	■	9	10	11	12	13	■	
▲	12	13	14	15	16	■	16	17	18	19	20	▲	14	15	16	17	18	●	11	12	13	14	15	▲	16	17	18	19	20	▲
●	19	20	21	22	23	▲	23	24	25	26	27	●	21	22	23	24	25	■	18	19	20	21	22	■	23	24	25	26	27	
■	26	27	28	29	30	●	30					■	28	29	30	31		▲	25	26	27	28	29		30	31				

This institution is an equal opportunity provider.

Nutrition or Allergen Question? Visit our website:

<http://www1.ccs.k12.in.us/district/food-services>

*Menu subject to change.