

CATHERINE MORRILL DAY NURSERY
SAMPLE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Whole grain cereal • Fresh oranges • Milk 	<ul style="list-style-type: none"> • Cinnamon raisin toast w/cream cheese • Fresh oranges • Milk 	<ul style="list-style-type: none"> • Multigrain waffles • Applesauce • Milk 	<ul style="list-style-type: none"> • Whole grain cereal • Fresh oranges • Milk 	<ul style="list-style-type: none"> • Maple cinnamon oatmeal w/ mixed berries • Milk
Lunch	<ul style="list-style-type: none"> • Vegetarian baked beans w/tomatoes, blackstrap molasses, maple syrup, brown sugar and spices • Cornbread with ancient grains • Orange glazed roasted carrots • Fruit • Milk 	<ul style="list-style-type: none"> • Turkey burgers on whole wheat buns with lettuce, tomatoes, pickles, mustard, ketchup & mayo • Sweet potato French fries • Fruit • Milk 	<ul style="list-style-type: none"> • Lentil vegetable soup with carrots, celery, onions, garlic, tomatoes, corn, fresh herbs, spices • Stone ground whole wheat rolls • Fruit • Milk 	<ul style="list-style-type: none"> • Meat-lovers pizza with bacon, sausage, beef, mozzarella parmesan and herbs • Romaine salad with cucumbers tomatoes & raspberry vinaigrette • Fruit • Milk 	<ul style="list-style-type: none"> • Sweet & sour chicken • Steamed Jasmine rice • Steamed asparagus tossed in a ginger-sesame dressing • Fruit • Milk
Snack	Bananas, raisins and multigrain crackers	French vanilla yogurt and strawberries	Organic blue corn chips with salsa	Homemade hummus with pita bread	Homemade pumpkin bread and warm apple cider

This institution is an equal opportunity provider.