Child Development Laboratory

Sample Menu

The Child Development Laboratory provides nutritious meal and snacks that adhere to federal guidelines for appropriate food components. Children receive morning and afternoon snacks and a midday lunch each day. Our meals are catered by Catering for Kids – Guilford Child Development. The following is an example of a weekly menu that your child will receive:

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| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **MORNING SNACK** | **Cinnamon Toast Crunch**  **Milk** | **Muffin**  **Orange Juice** | **Raisin Bran**  **Milk** | **Bagel w/Cream Cheese**  **Apple Juice** | **Cheerios**  **Milk** |
| **LUNCH** | **Chicken Salad**  **Lettuce/Cucumber/**  **Carrot Sticks**  **Cantaloupe**  **WW Crackers**  **Milk** | **Teriyaki Beef**  **Steamed Broccoli**  **Mandarin Oranges**  **Brown Rice**  **Milk** | **Squish Squash Lasagna**  **Zucchini**  **Sliced Apricots**  **Pasta**  **Milk** | **Whole Fish Nuggets**  **Sweet Potato Puff**  **Pineapple Tidbits**  **WW Roll**  **Milk** | **Chicken Pot Pie**  **Carrots/Peas/Potatoes**  **Fruit Mix**  **Pie Crust**  **Milk** |
| **AFTERNOON SNACK** | **Saltine Crackers**  **Sliced Cheese**  **Grape Juice** | **Teddy Grahams**  **Milk** | **Hi-Ho Crackers**  **Pears** | **Vanilla Wafers**  **Milk** | **Goldfish**  **Grape Juice** |