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:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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** |