

Knox Child Development Center
Rotations Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cinnamon Bread Applesauce	Cereal Oranges	Melon or Strawberries Whole Wheat English Muffin	Scrambled Eggs Bagel	Bananas Waffle
Lunch	Ham and Cheese On Whole Wheat Bread Broccoli Oranges Milk	Chicken Fillet Mashed Potatoes Fruit Cocktail Whole Wheat Roll Milk	Smokies or Meatballs Macaroni and Cheese Green Beans Applesauce Milk	Beef and Cheese Pizza Peas & Carrots Pears Milk	Ham, Egg and Cheese Casserole Tater Tots Pineapple Whole Wheat Bread Milk
PM Snack	Corn Muffin Milk	Apples Graham Crackers	Chex Mix Grapes or Blueberries	Saltines Cubed Cheese	Fresh Veggies Whole Wheat Crackers
Substitutions					

Knox Child Development Center
Rotations Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cinnamon Raisin Bread Mixed Fruit Smoothie	Cereal Milk	Oranges Biscuits	Bananas Whole Wheat Zucchini Bread	Strawberries or Melon Bagels
Lunch	Tuna Salad on Whole Wheat Bread Carrots Pineapple Milk	Beef Stroganoff Corn Applesauce Milk	Bean Burrito on Whole Wheat Tortilla Peas & Carrots Fresh or Canned Pears Milk	Chicken Nuggets Green Beans Apricots Whole Wheat Roll Milk	Hot Dog or Meatballs on Bun French Fries Peaches
PM Snack	Nutrigrain Bar Grapes or Blueberries	Ritz Crackers String Cheese	Chocolate Chip Cookies Milk	Cottage Cheese Pineapple	Carrot Sticks Whole Wheat Crackers
Substitutions					

Knox Child Development Center
 Rotations Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Pears Whole Wheat Toast	Cereal Oranges	Strawberries or Melon Oatmeal Bars	Bananas French Toast Sticks	Pineapple Waffles
Lunch	Chicken Pot Pie with Biscuits Mixed vegetables Oranges Milk	Bologna And cheese on Whole Wheat Corn Pears Milk	Beef Spaghetti Spinach Salad Applesauce Milk	Beanie Weanies or Beefie Beanies Green Beans Oranges Corn Muffin Milk	Meatballs French Fries Peaches Whole Wheat Roll Milk
PM Snack	Hard Pretzels Apples	Granola Bar Yogurt	Rice Krispy Treat Milk	Whole Wheat Bread and Butter Milk	Cheese Its Apples
Substitutions					

Knox Child Development Center
Rotations Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cinnamon Toast Mixed Fruit Smoothies	Cereal Oranges	Bananas Whole Wheat Toast	Assorted Breads Oranges	Honey Buns Milk
Lunch	Chicken and Noodles Mixed Vegetables Applesauce Milk	Hamburger on a Bun French fries Peaches Milk	Smoked Sausage or Meatballs Augratten Potatoes Melon Whole Wheat Roll Milk	Chicken Fried Steak Mashed Potatoes Fruit cocktail Whole Wheat Roll Milk	Ham and Cheese On Whole Wheat Carrots Pineapple Milk
PM Snack	Animal Crackers Grapes or Blueberries	Whole Wheat Bread and Butter Milk	Chocolate chip Cookies Milk	Chex Mix Grapes	Bagel Chips Apples
Substitutions					

Knox Child Development Center
 Rotations Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Applesauce Biscuits	Cereal Oranges	Granola Bar Peaches	Bagel Oranges	Whole Wheat Zucchini Bread Apples
Lunch	Chicken and Rice Mixed Vegetables Oranges Milk	Sloppy Joes Green Beans Apricots Milk	Corn Dogs with Whole Wheat Batter Meatballs with Whole Wheat Bread Carrots Fruit Cocktail Milk	Beefy Macaroni Broccoli Pears Milk	Beef and Cheese Tacos Lettuce and Tomato Salad Pineapple Milk
PM Snack	Whole Wheat Crackers Cottage Cheese	Graham Crackers Bananas	Gold Fish Apples	String Cheese Whole Wheat Crackers	Vanilla Wafers Milk
Substitutions					

Knox Child Development Center
Rotations Week 6

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Scrambled Eggs Whole Wheat Toast	Cereal Oranges	Strawberries or Melon Cake Donuts	Sausage and Cheese On a Whole wheat English Muffin	Oranges French Toast Sticks
Lunch	Shepard's Pie with Beef Mashed Potatoes Mixed vegetables Pears Whole Wheat roll Milk	Smokies or Meatballs Macaroni and Cheese Broccoli Pineapple Milk	Chicken and Rice Peas Fruit Cocktail Milk	Chicken Patty on a Bun Tater Tots Oranges Milk	Bean and Cheese Burrito Corn Apricots Milk
PM Snack	Bagel Chips Grapes	Oatmeal Cookies Milk	Bologna and Cheese On Whole Wheat Bread	Peaches Cottage Cheese	Soft Pretzels Cheese
Substitutions					

Knox Child Development Center
 Rotations Week 7

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole Wheat Pop Tarts Plums	Cereal Oranges	Granola bars Yogurt	Oranges Blueberry Muffins	Bananas Raisin Bread
Lunch	Fish Sticks Green Beans Oranges Corn Muffins Milk	Chicken Salad on Whole Wheat Bread Carrots Fruit Cocktail Milk	Beefy Rice Peas Pineapple Milk	Vegetable Beef Soup Carrots Applesauce Whole wheat Bread Milk	Beef Meatloaf Mashed Potatoes Peaches Whole Wheat Rolls Milk
PM Snack	Animal Crackers Grapes or Blueberries	Cubed Cheese Ritz Crackers	Turkey and Cheese Roll-up with Whole Wheat Tortilla	Crackers Apples	Chocolate Muffins Milk
Substitutions					

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