

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