

July 2010 Summer Menu
Bennett Babies
700 Monroe Street Northeast
Washington, DC 20017-1754
(202) 526-0440
Lunch Menu

Ages 1-5years old

7/01/10-7/30/10

Monday	Tuesday	Wednesday	Thursday	Friday
9			01 8oz 2%Milk or skim milk 4oz egg salad on whole wheat bread 1 pudding 1 fruit slice	02 8oz 2%Milk or skim milk 1 ham and cheese sandwich 1 fruit cup 1 bag chips (IN BOXED LUNCHES)
05 No School	06 8oz 2%Milk or skim milk 4oz chicken 1cup stir fry rice with 1cup roasted veggies 1 slice pineapple 1 dinner roll	07 8oz 2%Milk or skim milk 1 slice meatloaf 1cup steamed broccoli 1cup roasted potatoes 1 dinner roll	8 8oz 2%Milk or skim milk 4oz baked chicken 3oz honeyed carrots 2oz whole grain roll	9 8oz 2%Milk or skim milk 1 roast beef and swiss sandwich 1 fruit cup 1 bag chips (IN BOXED LUNCHES)
12 8oz 2%Milk or skim milk 4oz seared herb chicken breast 2oz sweet potatoes 2oz salad greens 1 dinner roll	13 8oz 2%Milk or skim milk 4oz roast beef sandwiches on bun 2oz chips 1cup fruit	14 8oz 2%Milk or skim milk 4oz hamburger with bun 1cup potato salad 1cup baked beans	15 8oz 2%Milk or skim milk 4oz bbq chicken 3oz corn cob 2oz whole grain roll	16 8oz 2%Milk or skim milk 1 chicken, lettuce, sandwich 1 fruit cup 1 bag carrots (IN BOXED LUNCHES)
19 8oz 2%Milk or skim milk 4oz seared chicken 3oz salad greens 1 slice fruit 1 sweet potato roll	20 8oz 2%Milk or skim milk 4oz salmon 3oz brown rice 2oz sautéed spinach	21 8oz 2%Milk or skim milk 4oz pecan crusted chicken 2oz garlic spinach 1cup brown rice 1 dinner roll	22 8oz 2%Milk or skim milk 4oz meatballs 1cup pasta with Alfredo sauce 1 apple 1 dinner roll	23 8oz 2%Milk or skim milk 1 ham and cheese sandwich 1 fruit cup 1 bag chips (IN BOXED LUNCHES)
26 8oz 2%Milk or skim milk 4oz seared herb chicken breast 2oz sweet potatoes 2oz string beans	27 8oz 2%Milk or skim milk 1 baked potato 1 garlic broccoli 1cup fruit	28 8oz 2%Milk or skim milk 4oz chicken wings 1cup steamed broccoli Half cup brown rice	29 8oz 2%Milk or skim milk 4oz chicken wrap 1 bag chips 1 cup fruit	30 8oz 2%Milk or skim milk 1 roast beef ad swiss sandwich 1 fruit cup 1 bag carrots (IN BOXED LUNCHES)

Please keep in mind that the menu is subject to change and that we will be serving fruit and vegetables of the season. MEALS TO NOT INCLUDE: PEPPERS, TOMATOES, FISH, STRAWBERRIES, at anytime.

July 2010 Summer Menu
Bennett Babies
700 Monroe Street Northeast
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Breakfast & Snack Menu

Ages 1-5years old

7/01/10-7/30/10

	Monday	Tuesday	Wednesday	Thursday	Friday
				01 8oz 2%Milk or skim milk 1cup orange juice 4oz cinnamon oatmeal 1cup fruit salad SNACK Cheese crackers oranges	02 8oz 2%Milk or skim milk 1cup apple juice 1 whole wheat pancake, 3oz 1 turkey sausage SNACK Blueberry muffin
05 No School	06 8oz 2%Milk or skim milk 1 cereal 1cup orange juice Fruit Bar SNACK: Granola bar, fruit cup	07 8oz 2%Milk or skim milk 1cup apple juice 4oz farm eggs scramble 1oz bacon SNACK: Vanilla pudding cup with fruit	8 8oz 2%Milk or skim milk 1cup orange juice Individual yogurts 2oz mint fruit salad SNACK Cheese crackers oranges	9 8oz 2%Milk or skim milk 1cup apple juice 4oz cream of wheat 1 turkey sausage SNACK Blueberry muffin	
12 8oz 2%Milk or skim milk 1cup cranberry juice 1 muffin 1 slice apple wood bacon SNACK: Assorted donuts, fruit	13 8oz 2%Milk or skim milk 1 cereal 1cup orange juice SNACK: Granola bar, fruit cup	14 8oz 2%Milk or skim milk 1cup apple juice 4oz grits 1oz bacon SNACK: Vanilla pudding cup with fruit	15 8oz 2%Milk or skim milk 1cup applesauce 1 slice toast 1cup fruit salad SNACK Cheese crackers oranges	16 8oz 2%Milk or skim milk 1cup apple juice 1 cereal 1 apple SNACK Blueberry muffin	
19 8oz 2%Milk or skim milk 1cup cranberry juice 4oz cinnamon oatmeal 1cup fruit salad SNACK Cheese crackers oranges	20 8oz 2%Milk or skim milk 1cup orange juice 1 whole wheat pancake, 3oz 1 turkey sausage SNACK Blueberry muffin	21 8oz 2%Milk or skim milk 1cup apple juice 4oz farm eggs scramble 1oz bacon SNACK: Vanilla pudding cup with fruit	22 8oz 2%Milk or skim milk 1cup orange juice 1 slice French toast 1cup fruit salad SNACK Cheese crackers oranges	23 8oz 2%Milk or skim milk 1 cereal 1cup apple juice SNACK: Granola bar, fruit cup	
26 8oz 2%Milk or skim milk 1cup cranberry juice 1 breakfast burrito 2oz salsa SNACK: Assorted donuts, fruit	27 8oz 2%Milk or skim milk 1 cereal 1cup orange juice SNACK: Granola bar, fruit cup	28 8oz 2%Milk or skim milk 1cup apple juice 1 Danish 1 slice fruit SNACK: Vanilla pudding cup with fruit	29 8oz 2%Milk or skim milk 1cup orange juice 4oz farm eggs scramble 1oz bacon SNACK: Vanilla pudding cup with fruit	30 8oz 2%Milk or skim milk 1cup apple juice 4oz biscuits and gravy 1 turkey sausage SNACK Blueberry muffin	

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