

## Cristo's Kitchen's Rock & Roll Daycare Menu

10/24/16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>Fruit whole wheat pancakes with butter</b> (whole wheat flour, baking powder, eggs, milk, salt, agave, fruit) <b>will be in freezer -reheat</b>  <b>Peach slices</b>	<b>Toast with cinnamon butter</b> (bread contains wheat and soy)  <b>Mixed fruit</b>	<b>Bagel with cream cheese</b> (contains wheat and soy)  <b>Strawberries</b>	<b>Scrambled eggs</b> (egg, milk, salt, black pepper)  <b>Baked home fries</b>  <b>Melon</b>	<b>Blueberry muffins</b> (whole wheat flour, egg, blueberries, sugar, baking powder, milk, butter, vegetable oil, cinnamon, Chef Cristo's vanilla extract, salt)  <b>Bananas</b>
<b>AM SNACK</b>	<b>California trail mix</b> (pumpkin seeds, dried apricot, dried pineapple, banana chips, dried mango, and dried blueberries)	<b>Yogurt</b> (blended in fruit and agave)	<b>Vanilla yogurt</b> (Chef Cristo's vanilla extract and agave)  <b>Granola</b> (contains sunflower and pumpkin seeds)  <b>Mixed fruit</b>	<b>Ham</b>  <b>Cheese sticks</b>	<b>Whole wheat crackers</b> (contains wheat and soy)  <b>Cheese cubes</b>
<b>LUNCH</b>	<b>Grilled cheese</b> (bread contains wheat and soy)  <b>Allergy Alt for 527 (3), 535 (1 .5), 166 (1T2): Turkey</b>  <b>Cucumber</b>	<b>Bagel pizza</b> (contains wheat, soy, dairy)  <b>Allergy Alt for 527 (3), 535 (1 .5), 166 (1T2): Turkey</b>  <b>Roasted carrots</b>	<b>Chicken burger</b> (chicken, onion, salt, garlic, spices)  <b>Vegetarian Alt: Veggie burger</b> (contains oat bran and soy)  <b>Pasta salad</b>	<b>Crustless chicken pot pie</b> (carrots, celery, potato, onion, garlic, rice milk, corn starch, olive oil, salt, black pepper)  <b>Vegetarian Alt: Black bean burger</b> (contains egg, wheat and soy) & <b>mashed sweet potato</b>  <b>(V) Egg Allergy Alt for 527 (1): Veggie burger</b> (contains oat bran and soy) & <b>mashed sweet potato</b>	<b>Whole wheat quesadilla with black beans and cheese with salsa</b> (contains dairy, wheat, and soy)  <b>Allergy Alt for 527 (3), 535 (1 .5), 166 (1T2): Turkey</b>  <b>Brown rice</b>
<b>PM SNACK</b>	<b>Organic corn chips with pineapple salsa</b>	<b>Cucumber slices</b>  <b>Mint yogurt dip</b>	<b>Whole wheat crackers</b> (contains wheat and soy)  <b>Cheese cubes</b>	<b>Cauliflower</b>  <b>Yogurt veggie dip</b>	<b>Pretzels</b> (contains wheat and sunflower oil)  <b>Chef Cristo's Hummus</b> (chickpeas, olive oil, garlic, cumin, salt, lemon juice)

**\*\* NOW YOU CAN ENJOY CHEF CRISTO'S HUMMUS & SUNFLOWER BUTTER AT HOME \*\***