

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

11/14/16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<p><b>Whole wheat French toast</b> (contains wheat, soy, egg, and dairy)</p> <p><b>Fresh fruit compote</b> (fruit, orange juice, cinnamon, ginger, chia seeds)</p>	<p><b>Roasted red pepper and cheese omelet muffin</b> (egg, roasted red pepper, cheese, milk, salt)</p> <p><b>Peaches</b></p>	<p><b>Egg, broccoli, and cheese on toast</b> (contains wheat, soy, egg, and dairy - assembled at daycare)</p> <p><b>Sliced pineapple</b></p>	<p><b>Banana muffins</b> (whole wheat flour, egg, bananas, sugar, baking powder, baking soda, butter, milk, Chef Cristo's vanilla extract, salt)</p> <p><b>Orange</b></p>	<p><b>Waffles</b> (whole wheat flour, egg, milk, vegetable oil, sugar, baking powder, salt, cinnamon, Chef Cristo's vanilla extract)</p> <p><b>Apple slices</b></p>
<b>AM SNACK</b>	<p><b>Bananas</b></p> <p><b>Chef Cristo's sunflower butter</b> (sunflower seeds, avocado oil, agave, Chef Cristo's vanilla extract, salt)</p>	<p><b>Turkey</b></p> <p><b>Cheese cubes</b></p>	<p><b>Graham crackers</b> (contains wheat, safflower oil, and honey)</p> <p><b>Blueberry jam</b></p>	<p><b>Whole wheat crackers</b> (contains wheat and soy)</p> <p><b>Cheese cubes</b></p>	<p><b>Harvest whole wheat crackers</b> (contains wheat &amp; safflower oil)</p> <p><b>Melon</b></p>
<b>LUNCH</b>	<p><b>Whole wheat quesadilla with black beans, cheese, and avocado</b> (contains wheat and soy)</p> <p><b>Allergy Alt for 527 (3), 535 (1 .5), 166(1T2): Turkey</b></p> <p><b>Pineapple salsa</b> (no tomato)</p>	<p><b>Pasta with pesto</b> (contains wheat and dairy)</p> <p><b>Allergy Alt for 527 (3), 535 (1 .5), 166(1T2): Gluten free pasta with basil and olive oil</b></p> <p><b>Roasted cauliflower</b></p>	<p><b>Tilapia</b></p> <p><b>Fish Allergy Alt for 166 (1T2, 2P), and</b></p> <p><b>Vegetarian Alt: BBQ Tofu</b></p> <p><b>Roasted sweet potato</b></p>	<p><b>Black bean burger</b> (contains egg, wheat, and soy)</p> <p><b>(V) Egg Allergy Alt for 527 (1): Veggie burger</b> (contains oat bran and soy)</p> <p><b>Allergy Alt for 527 (3), 535 (2 .5), and 166 (2T2): Chicken</b></p> <p><b>Broccoli</b></p>	<p><b>Grilled chicken and brown rice</b></p> <p><b>Vegetarian Alt: Cheese tortellini</b> (contains egg, wheat and dairy)</p> <p><b>(V) Egg Allergy Alt for 527 (1): Veggie burger</b> (contains oat bran and soy)</p>
<b>PM SNACK</b>	<p><b>Pretzels</b> (contains wheat and sunflower oil)</p> <p><b>Chef Cristo's Hummus</b> (chickpeas, olive oil, garlic, cumin, salt, lemon juice)</p>	<p><b>Apple slices with cinnamon</b></p>	<p><b>California trail mix</b> (pumpkin seeds, dried apricot, dried pineapple, banana chips, dried mango, and dried blueberries)</p>	<p><b>Carrots</b></p> <p><b>Yogurt veggie dip</b></p>	<p><b>Cottage cheese with pineapple</b></p>

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