

Magic Memories - Royersford Snack and Lunch Menu

Fireflies, Lambs, Duckies

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
AM SNACK: Whole Milk: 4oz Juice/Fruit/Veg.: 1/4 Cup Bread: 1/2 slice Cereal: 1/4 Cup	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk
	Pineapples	Applesauce	Mixed Melons	Peaches	Mandarin Oranges	Mangos	Banana	Mixed Melons	Peaches	Mandarin Oranges	Mangos
	Whole Grain English Muffin	Whole Grain Strawberry Oatmeal Bar	Vanilla Yogurt	Whole Grain French Toast	Kix Cereal	Vanilla Yogurt	Whole Grain Waffles	Whole Wheat Cinnamon Toast	Vanilla Yogurt	Whole Grain Apple Cereal Bar	Whole Grain Apple Muffin
LUNCH: Whole Milk: 4oz Meat/Meat Alt: 1oz Veg or Fruit: 1/4 cup Pasta: 1/4 cup Bread: 1/2 slice	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk
	Whole Wheat Cheese Ravioli w/Sauce	Chicken Quesadilla on Whole Wheat Tortilla	Whole Grain Chicken and Vegetable Egg Roll	Tuna Salad on Whole Wheat Wrap	Tacos with Quinoa, Lettuce, Tomato, Cheese and Tortilla Wrap	Whole Wheat Chicken Nuggets with Bread Slice	Turkey Sloppy Joe with Whole Wheat Roll	Beef Hot Dog with Whole Wheat Roll	Whole Wheat Pancakes with Turkey Sausage	Grilled Cheese on Whole Wheat with Soup and Crackers	Meatballs with Gravy and Whole Wheat Roll
	Broccoli	Carrots		Tossed Salad		Broccoli	Potato Puffs	Baked Beans			
	Banana	Mixed Fruit	Pineapples	Applesauce	Peaches	Mandarin Oranges	Mangos	Pineapples	Applesauce	Mixed Melons	Spinach and Mixed Fruit Salad
PM SNACK: Whole Milk: 4oz Meat/Meat Alt: 1oz Juice/Fruit/Veg: 1/2 Cup Bread: 1/2 slice Cereal: 1/4 Cup	Water	Whole Milk	Water	Whole Milk	Water	Water	Whole Milk	Water	Whole Milk	Water	Whole Milk
	Whole Grain Crackers	Whole Grain Orange Muffin	Whole Wheat Soft Pretzel	Spiker Crackers	Cherry Vanilla Yogurt Cup	Whole Grain Crackers	Pretzel Wheels	Animal Crackers	Fig Newton	Vanilla Wafers	Goldfish Crackers
	Cheese Cubs		Sun Butter			Cheese Cubes		Sun Butter		Applesauce	

All Snacks and Meals are based off of Recommended daily Child Nutrition. Snacks and Lunches are freshly prepared with the freshest, most natural and highest child nutritional certified options available. Parents are responsible to make Magic Memories aware of any food allergies, in that case, modifications within our means will be made.