

Garderie la Briosphere Menu

January 2022 - Revised December 29, 2021

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Week one	Monday January 3	Tuesday January 4	Wednesday January 5	Thursday January 6	Friday January 7
	Am Snack	Am Snack	Am Snack	Am Snack	Am Snack
	Cereal	Sliced veggies	Mixed Muffins	Sliced fruit	Strawberry Bars
	Lunch	Lunch	Lunch	Lunch	Lunch
	Baked penne and chicken casserole / tossed salad	Soft Tacos / taco filling/ cheese/ sour cream/ Lettuce/ tomato	roasted Chicken / Mashed potatoes / Mixed vegetables	Pasta / meat sauce/ Caesar salad	Mixed Sandwiches / Chicken Noodle Soup
	Pm Snack	Pm Snack	PM Snack	PM Snack	PM snack
Trail mix Cherrios/ Cranberries/ Gold fish / Chocolate Chips	Raison Oatmeal cookies	Crackers and Cheese	Pumpkin Bars	Apples	
Week Two	Monday January 10	Tuesday January 11	Wednesday January 12	Thursday January 13	Friday January 14
	Am Snack	Am Snack	Am Snack	Am Snack	Am Snack
	Cereal	Strawberry Yogurt	pancake dippers with syrup	Sliced fruit	Bagel bites
	Lunch	Lunch	Lunch	Lunch	Lunch
	Honey garlic Meatballs / Rice / Corn	Roasted pork / Sweet potatoes / peas	Creamy turkey pasta casserole / Broccoli	Beef Shepherd Pie / Sliced vegetables	Popcorn Chicken/ French fries / Tossed salad
	PM Snack	Pm Snack	Pm Snack	Pm Snack	Pm Snack
Mixed Cookies	Pepperoni and Crackers	Salmon Pate nan bread	Banana	Cheese/ Crackers	
Week Three	Monday December 17	Tuesday January 18	Wednesday January 19	Thursday January 20	Friday January 21
	Am Snack	Am Snack	Am Snack	Am Snack	Am Snack
	cereal	Chocolate chip Muffins	Quiche ham and Cheese	Sliced Melon	Apple Sauce
	Lunch	Lunch	Lunch	Lunch	Lunch
	Beef and bean burritos / Tossed salad	Roast Beef / Mashed potatoes/ corn	roasted Chicken Breasts/ Vegetable rice / Sliced peppers	Lasagna / Caesar Salad	Chicken Fingers/ French fries / Sliced veggies
	PM Snack	Pm Snack	Pm Snack	Pm Snack	Pm Snack
Peaches	Teddy Grahams	Sliced Oranges	Hummus / Nachos	Mixed Muffins	

Monday January 24	Tuesday January 25	Wednesday January 26	Thursday January 27	Friday January 28
Am Snack	Am Snack	Am Snack	Am Snack	Am Snack
Cereal and Berries	Mixed Yogurt	Sliced fruit	Apple sauce	Blueberry Muffins
Lunch	Lunch	Lunch	Lunch	Lunch
Macaroni and Cheese/ Tossed salad	fish stix/ fries / Sliced veggies	Beef Chili With Brown beans/ Dinner roll / Sliced Cucumbers	Roasted Chicken / Mashed potatoes/ cooked carrots	Swedish meatballs / Rice / California Mixed veggie
Pm Snack	Pm Snack	Pm Snack	Pm Snack	Pm Snack
Raisons / gold fish / pretzels	ham and Cheese roll ups	Banana	Cheese /crackers	Carrot Cake
Monday January 31				
Am Snack				
Cereal and raisons				
Lunch				
Broccoli rice chicken casserole with cream of				
Pm Snack				
mixed cookies				