



LONG BEACH DAY NURSERY
 EAST BRANCH - WEEKLY MENU (W3e)
 August 30 to September 3, 2010



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST	TOAST W/JELLY FRUIT IN SEASON MILK	CHEERIOS CEREAL FRUIT IN SEASON MILK	WHOLE WHEAT QUESADILLAS FRUIT IN SEASON MILK	RICE KRISPIES CEREAL FRUIT IN SEASON MILK	STAFF IN-SERVICE DAY
LUNCH	CHILI BEANS MIXED VEGETABLES SALTINE CRACKERS FRUIT IN SEASON MILK	GROUND BEEF SLOPPY JOES VEGETABLE MIX FRUIT IN SEASON MILK	CHICKEN & GRAVY MASHED POTATOES HAWAIIAN ROLLS FRUIT IN SEASON MILK	TURKEY MEATBALL SANDWICHES GREEN SALAD FRUIT IN SEASON MILK	CLOSED
SNACK	FRUIT IN SEASON MILK	CHEESE GUPPIES 100% FRUIT JUICE	FRUIT MILK	ANIMAL CRACKERS 100% FRUIT JUICE	

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Did you know that water helps to reduce the risk of cavities?

Parents can dilute fruit juices with water to reduce their concentration and serve water in place of sugary beverages at meal times. Add a slice of lemon or lime to your glass for appeal. Here's another tip. If your eating out and can't brush your or your child's teeth after drinking juice or soda simply rinsing your mouths out with water also helps to protect teeth.

