

NUTRITION MENU

Although I am not a nutritionist, I do a lot of research and keep myself updated on how to provide healthy meals. I will never feed your child anything that I would not feed my own children. Great effort is made to make sure each meal is rich in proteins, starch, vegetables and fruits. At Jubilee Daycare we will serve healthy, organic meals every day.

Breakfast

Our breakfast many will vary from day to day but some typical foods include: pancakes, waffles, scrambled eggs, toast, and oatmeal. Fruits are also very important and will be served in abundance.

Lunch

As far as protein, chicken, fish, meat and turkey will be served on a regular basis. These will be served along with rice, beans, lentils, quinoa or pasta. Vegetables include: carrots, broccoli, green beans, zucchini, corn, cauliflower, sweet potato, potato, beets and peas. During meals your child will be encouraged to drink water instead of juice, and milk will be offered after each meal.

Snacks

Snacks will be offered between meals. Cheese, milk, yogurt, crackers, pretzels, cereal, toast, bread, homemade cakes and fruit are always a kids favorite.

PS: I am open for menu suggestions. Please advise if your child is allergic to any food listed above or/and any other type of food.