

Small Blessings Child Care Center
2815 Woodbridge Ave. Edison, NJ 08817
(732) 452-9798

Lunch Menu

July 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|---|--|---|--|---|
| <p>1% or Regular unflavored 6 Oz. Milk will be served. Kids under two and half will be served regular milk</p> |  | <p>1) <u>Chicken Barbeque</u> Brown Rice ½ c Peas & Carrots ½ c Fruit 4 oz Peaches VE: Veg-Slider W/Cheese</p> | <p>2) Chicken Nuggets 4ea Silver Dollar Fries ½ c Corn ½ c, Wheat Bread 1 ea. Fruit 4 oz Pineapple VE: Veg-Nuggets Sub</p> |  |
| <p>6) <u>Meatless Mondays</u> - Bowtie Pasta With Marinara Sauce ½ c Cucumber Slices, Green Bean 1/2c, Apple DF: Turkey Sandwich</p> | <p>7) Fish Sticks (4 ea) Mashed Potatoes ½ c, Wheat Bread 1ea. Mixed Vegetables ½ c, Chilled Fruit or Orange (4 oz.)</p> | <p>8) Baked ww Macaroni and Cheeses ½ c, Steamed Carrots ½ c Fruit Banana 4 oz</p> | <p>9) Chicken Stir Fry 4 oz Yellow Rice ½ c Broccoli ½ c Fruit 4 oz Sliced Peaches VE: Veg-Burger</p> | <p>10) ww Cheese Pizza 1 Slice Garden Salad ½ c with Tomatoes & Cucumbers Fruit 4 oz Pineapple DF: Turkey Sandwich</p> |
| <p>13) <u>Meatless Mondays</u> Noodles W/Broccoli Flowerets, Alfredo Cheese Sauce, ½ c, Apple DF: Turkey Sandwich</p> | <p>14) Turkey and Cheese on Wheat Bread 1ea. Veggie Beans ½ c, Sweet Potato ½ c, Fruit Cocktail ¼ c VE: Cheese on Wheat</p> | <p>15) <u>Chicken Barbeque</u> Brown Rice ½ c Peas & Carrots ½ c Fruit 4 oz Peaches VE: Veg-Slider W/Cheese</p> | <p>16) ww Spaghetti W/Turkey Sauce 4oz, Green Beans ½ c Fruit 4 oz Apple VE: Without Meat</p> | <p>17) Cheese Pizza 1 Slice Garden Salad ½ c with Tomatoes & Cucumbers Fruit 4 oz Apple DF: Turkey Sandwich</p> |
| <p>20) <u>Meatless Mondays</u> ww Baked Macaroni and Cheeses ½ c Steamed Carrots ½ c Fruit Banana 4 oz</p> | <p>21) Chicken Nuggets 4ea. Broccoli ½ c Mashed Potatoes ½ c, Wheat Bread 1ea. Fruit Cocktail ¼ c VE: Veg-Nuggets</p> | <p>22) Fish Sticks (4ea) Mashed Potatoes ½ c, Wheat Bread 1ea. Mixed Vegetables ½ c Chilled Fruit or Orange (4oz.)</p> | <p>23) Turkey Meatloaf (4 oz) w/Gravy, Brown Rice ½ c Broccoli ½ c - Melon ¼ c VE: Veg-Burger</p> | <p>24) ww Cheese Pizza 1 Slice, Garden Salad ½ c with Tomatoes & Cucumbers, Fruit 4 oz Apple DF: Turkey Sandwich</p> |
| <p>27) <u>Meatless Mondays</u> Cheese Stuffed ww Ravioli ½ c W/Marinara Sauce Green Beans ½ c Fruit Banana 4 oz</p> | <p>28) Honey BBQ Chicken 4oz Mashed Potatoes ½ c Corn ½ c Fruit 4 oz Sliced Peaches VE: Veg-Burger</p> | <p>29) ww Spaghetti W/Turkey Sauce 4oz, Green Beans ½ c Fruit 4 oz Fruit Cocktail VE: Without Meat</p> | <p>30) Chicken Nuggets 4ea Silver Dollar Fries ½ c Corn ½ c Fruit 4 oz Pineapple VE: Veg-Nuggets Sub</p> | <p>31) ww Cheese Pizza 1 Slice Garden Salad ½ c with Tomatoes & Cucumbers Fruit 4 oz Apple DF: Turkey Sandwich</p> |

Healthy Bytes LLC 855 Hamilton St. Somerset, NJ 08873

of foodborne illness, especially if you have certain medical conditions.

Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk

This institution is an equal opportunity provider. NOTE: Menu items may

change based on purveyor product availability. We participate with the New Jersey Child and Adult Care Food Program, Providing completely FREE breakfast, lunch and snacks.