



Sully Station Children's Center

Home of Parent University

5801/5803 Stone Creek Drive, Centreville, VA 20120

(703) 449-8452/8123

childsplayinc.com



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Whole Grain French Toast Sticks Chicken Maple Sausage Fruit, 2% Milk	Ham Egg & Cheese Breakfast Bar Fruit 2% Milk	Whole Grain Waffles Chicken Sausage Fruit 2% Milk	Scrambled Eggs Whites Warm Biscuit W/Jelly Fruit, 2% Milk	Crunchy Cereal w/ Milk, Bananas Whole Grain Toasted English Muffin 100% Juice
AM Snack	Strawberry Nutri-grain Bars Fruit 100% Juices	Warm Biscuit w/Jelly 100 % Juice	Creamy Yogurt w/Fresh fruit & Granola 2% milk	Mini Bagel w/ Cream Cheese Fruit, 100% Juice	Apple Cinnamon Nutri-grain Bars Fruit, 2% Milk
Lunch	Chicken Philly Cheese Steak Sub Chips Fruit, 2% Milk	Macaroni & Cheese Steamed Green Peas Fruit & 2% Milk	Grilled Chicken w/ Parmesan Pasta Caesar Salad Fruit & 2% Milk	Grilled Chicken Snack Wrap w/ Lettuce Cheese & Ranch Dressing Tortilla Chips w/ Salsa Fruit , 2% Milk	PIZZA DAY Cheese Pizza Sticks w/ Marinara Garden Salad Fruit, 2% Milk
PM Snack	Crunchy Baby Carrots & Cucumber Slices w/Dip, Crackers, Spring Water	Goldfish Crackers Fruit, Spring Water	Hummus & Pretzels Veggie Sticks, Spring Water	Cinnamon Scooby Snacks, Fruit, Spring Water	COOKIE DAY!!! Pretzel Twist Fruit, Spring Water
Food Counts	Grains 5 Protein 4 Frt/Veg 7 Dairy 4	Grains 3 Protein 2 Frt/Veg 5 Dairy 3	Grains 5 Protein 4 Frt/Veg 7 Dairy 4	Grains 5 Protein 4 Frt/Veg 7 Dairy 4	Grains 5 Protein 4 Frt/Veg 7 Dairy 4