

1057 DISCOVERY ISLE MENU

•		\ \A_{\alpha} \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		1
Monday	Tuesday	Wednesday	Thursday	Friday
3	4 National Pancake Day	5	6	7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal & Milk	Pancakes & Fruit	Oatmeal & Dried Fruit	Waffles w/milk & Fruit	Yogurt & Fruit
SNACK	SNACK	SNACK	SNACK	SNACK
Trail Mix & Fruit	Veggies & Ranch	Bean & Cheese Burritos	Pretzel Bites & Fruit	Sun Butter & Jelly Roll Up
10	11	12	13	14
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal & Milk	Yogurt & Fruit	Oatmeal & Dried Fruit	Biscuits w/jelly	Pancakes & Fruit
SNACK	SNACK	SNACK	SNACK	SNACK
Crackers & Applesauce	Quesadillas & Veggies	Cream Cheese/Jelly Roll Up	Trail Mix & Fruit	Crackers & Veggies
17	18	19	20	21
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal & Milk	Waffles w/Milk & Fruit	English Muffins w/ Cream Cheese	Oatmeal & Dried Fruit	Cereal & Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Crackers & Fruit	Cheese Pinwheels	Crackers & Applesauce	Veggies & Ranch	Cream Cheese/Jelly Roll Up
24	25 National Waffle Day	26	27	28
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Oatmeal w/ Dried Fuit	Waffles & Milk	English Muffin w/ Jelly & Milk	Cereal & Milk	Pancakes w/ Milk & Fruit
SNACK	SNACK	SNACK	SNACK	SNACK
Crackers & Veggies	Pretzel Bites & Fruit	Quesadillas & Fruit	Yogurt & Graham Crackers	Sun Butter/Jelly Roll Up
31	PORTION SIZES	PORTION SIZES		
BREAKFAST	1-2 Years Old	3-5 Years Old		
Maple Oatmeal & Fruit	*Milk ½ c / Juice 1/4c	*Milk 1/3 cup		
SNACK	*FRUIT ¼ cup	*Fruit 1/3 cup		
Crackers & Fruit	*CEREAL/OATMEAL ¾ cup	*Juice ½ cup		

Discovery Isle 1057 308 S. Twin Oaks Valley Rd San Marcos, CA 92078

