

Whitecrow Village

SAMPLE DAILY MENU



Breakfast 8:30 am

*Sausage
Scrambled Eggs
Whole Grain Toast
Yogurt and Fruit
Red River Cereal*

Snack 10:45 am

Applesauce Muffins & Fruit



Lunch 12:15 pm

*Homemade Vegetable Soup
Baked Pasta and Cheese
Make-your-own Sandwiches
Tossed Salad*



Dinner 5:30 pm

*Roasted Chicken and Rice
Steamed Vegetables
Caesar Salad*

Snack 7:45 pm

Popcorn & Fruit
