

JOLLY INN KIDS



Sample Menu



Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 – MEXICAN AND CENTRAL AMERICAN CLASSICS				
B: Oatmeal + Banana L: Beans & Cheese Quesadillas + Corn + Orange S: Cheese Cubes + WG Toast Squares	B: WG Toast + Scrambled Eggs + Apple L: Gallo Pinto + Chicken + Carrots + Honeydew S: Cucumber + Hummus	B: Egg & Veggie Omelet + WG Bread + Tomato L: Beef Tacos (Tortilla) + Lettuce/Tomato + Corn + Melon S: Yogurt + Banana	B: WG Pancakes (no syrup) + Pineapple L: Cheese & Bean Pupusas + Cabbage Slaw + Apple S: Bagel + Cream Cheese + Cucumber Slices	B: WG Toast + Sunflower Butter + Orange L: Baked Chicken + Rice + Broccoli + Cantaloupe S: Carrot Sticks & Ranch
WEEK 2 – CARIBBEAN FLAVORS				
B: Oatmeal + Banana L: Arroz con Pollo + Peas & Carrots + Cantaloupe S: Turkey + WG Bread	B: WG Toast + Scrambled Eggs + Orange L: Picadillo + Rice + Green Beans + Orange S: Cucumber + Hummus	B: WG Pancakes + Apple L: Bandera Dominicana – Rice, Beans & Chicken + Cabbage + Banana S: Apple + Cheese	B: Hard Boiled Egg + WG Bread + Pear L: Pastelón + Carrots + Melon S: Carrot Sticks + Black Bean Dip	B: WG Toast + Sunflower Seed Butter + Pineapple L: Cuban Style Black Beans & Rice + Chicken + Cucumbers + Honeydew S: Tortilla Wedges + Turkey
WEEK 3 – SOUTH AMERICAN EXPLORATION				
B: WG Toast + Cream Cheese + Pear L: Beef Arepas + Corn + Cantaloupe S: Mexican Turkey Roll-Ups (Tortilla + Turkey)	B: Oatmeal + Apple L: Chicken Guisado + Rice + Veggies + Banana S: Cheese + WG Toast Squares	B: Scrambled Eggs + WG Bread + Orange L: Pepian de Choclo – Chicken Corn Stew + WG Bread + Peaches in Juice S: Carrot Sticks + Black Bean Dip	B: WG Pancakes + Banana L: Quinoa + Chicken + Zucchini + Orange S: Apple + Yogurt	B: WG Toast + Sunflower Seed Butter + Apple L: Mini Beef Tacos + Tortilla + Peppers + Melon S: Pear Slices + Cheese Cubes
WEEK 4 – LATIN FUSION				
B: Oatmeal + Banana L: Arroz con Gandules (WG Rice) + Chicken + Carrots + Honeydew S: Apple Slices + Cheese Cubes	B: Egg & Cheese Breakfast WG Tortilla + Pineapple L: Mexican Rice + Chicken Stew with Vegetables + Cantaloupe S: Turkey + Tomato Slices	B: WG Pancakes + Pineapple L: Dominican Baked Spaghetti + Green Bean + Apple S: Pear Slices + Yogurt	B: Hard Boiled Egg + WG Bread + Pear L: Picadillo + Rice + Green Beans + Melon Mix S: Banana + Cheese Cubes	B: WG Toast + Scrambled Eggs + Orange Slices L: Chicken Tinga Tacos + Tortilla + Peas/Carrots + Banana S: Cucumber Slices + Cream Cheese