

Weekly Meal Plan

Week of November 16 – 20, 2026 · WW47

Nest & Bloom Home Daycare

Monday

Breakfast: Mini pancakes and strawberries

Lunch: Tuna salad, chickpea and cucumber salad, and melon

AM Snack: Greek yogurt and blueberries

PM Snack: Coconut rolls with banana

Tuesday

Breakfast: English muffins with cream cheese

Lunch: Breakfast for Lunch: Scrambled eggs, organic chicken sausage, mozzarella cheese balls, green beans and fresh-cut oranges

AM Snack: Apple slices with sunflower butter

PM Snack: Pretzels with hummus and carrot sticks

Wednesday

Breakfast: Banana oatmeal with cinnamon

Lunch: Sloppy Joes on whole-grain buns, Brussels sprouts with goat cheese and balsamic glaze, and pears

AM Snack: Cottage cheese and peaches

PM Snack: Annie's cheddar crackers and applesauce

Thursday

Breakfast: Avocado toast and banana

Lunch: Creamy Mac & Cheese with bell peppers and watermelon

AM Snack: Mandarin oranges and cheese

PM Snack: Organic veggie straws with cheese

Friday

Breakfast: Scrambled eggs and whole-wheat toast

Lunch: Homemade pizza with sautéed broccoli and grapes

AM Snack: Banana and blueberries

PM Snack: Yogurt with fresh berries

Menus may be adjusted for freshness, allergies, or supply. Please notify us of any dietary restrictions.

Nest & Bloom Home Daycare · Serving families in Cedar Park, Leander, and North Austin · Mon–Fri 7:30 AM–5:30 PM · 518-779-6769