

# Sample Menu

## An example of a day's menu at Olivia DiMaio

Our menu is designed to help your child form a healthy relationship with food. All of our snacks and meals are prepared with fresh, nourishing ingredients that provide vitamins and nutrients necessary for healthy growth.

### **BREAKFAST/BEDTIME SNACK**

Assortment of Cereals,  
Seasonal Fresh Fruit,  
Cheese & Yogurt  
Toast with Homemade Spreads  
Fresh Fruit Water, Milk

### **MORNING SNACK**

Scrambled Eggs  
Olivia DiMaio Whole Wheat Toast Bread  
Distilled Fruit Water

### **LUNCH**

Ravioli in a Tomato Basil Sauce  
Chickpea, Cucumber & Cherry Tomato Salad  
w/ a Balsamic Vinaigrette  
Pear Slices  
2% / Homo Milk

### **AFTERNOON SNACK**

Cottage Cheese & Dark Chocolate Chips  
Strawberries  
Distilled Fruit Water