

Sample Childcare Menu

Week 1

	1-2 YRS	3-5YRS	MONDAY (2 / 3)	TUESDAY (2 / 4)	WEDNESDAY (2 / 5)	THURSDAY (2 / 6)	FRIDAY (2 / 7)
BREAKFAST							
Milk	½ cup	¾ cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/ Meat Alt	½ oz eq	½ oz eq	WW Waffle	WW Cheerios	English Muffin	WW Bagel	Steam Egg Tart with Cinnamon Raisin Bread
Vegetable and/ or Fruit	¼ cup	½ cup	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Extra			Maple Syrup		Jam	Cream Cheese	
LUNCH (Regular)							
Milk	½ cup	¾ cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1 oz	1.5 oz	Ravioli with Mariara Sauce	Beef & Bean Chili	Chicken Tender	Hamburger with American Cheese	Macroni & Cheese
Grains / Bread	½ oz eq	½ oz eq	WW Pasta	Brown Rice	Mashed Potato	Hamburger Bun	Macroni
Vegetable	cup	¼ cup	Breen Beans	Mix Veggie	Sliced Cucumber	Potato Wedge	Carrot
Fruit	cup	¼ cup	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
PM SNACK							
Meat / Meat Alt	½ oz	½ oz		Cheese Cube		Mini Corn Muffin	Yogurt
Grains / Bread	½ oz eq	½ oz eq	Trail Mix	Ritz	Cheez-it Cracker		WG Cracker
Fruit	½ cup	½ cup	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Sample Childcare Menu

Week 2

1-2 YRS	3-5 YRS	MONDAY (2/10)	TUESDAY (2/11)	WEDNESDAY (2/12)	THURSDAY (2/13)	FRIDAY (2/14)
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BREAKFAST							
Milk	½ cup	¾ cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/Meat Alt	½ oz eq	½ oz eq	Croissant	Cereal Kix	Corn Bread Loaf	WW Bagel	WW Bread with Turkey Sausage
Vegetable and/or Fruit	¼ cup	½ cup	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Extra			Jam	Jam		Cream Cheese	

LUNCH (Regular)							
Milk	½ cup	¾ cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1 oz	1.5 oz	Chicken Finger	Beef & Broccoli	Beef Taco	Chicken Patty	Baked Ziti(Cheese)
Grains / Bread	½ oz eq	½ oz eq	Garlic Pasta	Bean Rice	Taco Shell	WW Bread	(Pasta in Dish)
Vegetable	cup	¼ cup	Mix Veggie		Sliced Cucumber	Potato Wedge	Broccoli Floret
Fruit	cup	¼ cup	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Meat / Meat Alt	½ oz	½ oz		Babybel			Yogurt
Grains / Bread	½ oz eq	½ oz eq	HM Trail Mix	Cracker	Graham Cracker	HM Banana Bread	Cracker
Fruit	½ cup	½ cup	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Sample Childcare Menu

Week 3

	1-2 YRS	3-5 YRS	MONDAY (2/17)	TUESDAY (2/18)	WEDNESDAY (2/19)	THURSDAY (2/20)	FRIDAY (2/21)
BREAKFAST							
Milk	¾ cup	1 cup		Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/ Meat Alt	½ oz eq	1 oz eq		Raisin Bran	WW French Toast	WW Bagel	Oatmeal with Boiled Egg
Vegetable and/ or Fruit	½ cup	½ cup		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Extra					Jam	Cream Cheese	
LUNCH (Regular)							
Milk	½ cup	¾ cup		Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1 oz	1.5 oz		Chicken & Potato	Turkey Sandwich	Roasted Beef Burger with Sauteed Onion	Chicken Lo Mein with Mushroom
Grains / Bread	½ oz eq	½ oz eq		Bean Rice	WW Bread	Bread Bun	Lo Mein
Vegetable	cup	¼ cup		Baked Zucchini	Mixed Veggie	Potato Wedge	Broccoli Floret
Fruit	cup	¼ cup		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
PM SNACK							
Meat / Meat Alt	½ oz	½ oz		String Cheese			Yogurt
Grains / Bread	½ oz eq	½ oz eq		Cracker	Cheddar Cheese Rice cake	HM Blueberry Loaf	WG Cracker
Fruit	½ cup	½ cup	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Sample Childcare Menu

Week 4

	1-2 YRS	3-5 YRS	MONDAY (2/24)	TUESDAY (2/25)	WEDNESDAY (2/26)	THURSDAY (2/27)	FRIDAY (2/28)
BREAKFAST							
Milk	½ cup	¾ cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/ Meat Alt	½ oz eq	½ oz eq	WW Waffle	WW Cheerios	English Muffin	WW Bagel	Steam Egg Tart with Cinnamon Raisin Bread
Vegetable and/ or Fruit	¼ cup	½ cup	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Extra			Maple Syrup		Jam	Cream Cheese	
LUNCH (Regular)							
Milk	½ cup	¾ cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1 oz	1.5 oz	Ravioli with Mariara Sauce	Beef & Bean Chili	Chicken Tender	Hamburger with American Cheese	Macroni & Cheese
Grains / Bread	½ oz eq	½ oz eq	WW Pasta	Brown Rice	Mashed Potato	Hamburger Bun	Macroni
Vegetable	cup	¼ cup	Breen Beans	Mix Veggie	Sliced Cucumber	Potato Wedge	Carrot
Fruit	cup	¼ cup	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
PM SNACK							
Meat / Meat Alt	½ oz	½ oz		Cheese Cube		Mini Corn Muffin	Yogurt
Grains / Bread	½ oz eq	½ oz eq	Trail Mix	Ritz	Cheez-it Cracker		WG Cracker
Fruit	½ cup	½ cup	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit