

Menu Planner Child Care Center Week of October 22nd through October 26th

Week 1 Little Lambs Daycare

	Monday 22				Tuesday 23				Wednesday 24				Thursday 25				Friday 26			
	food item	1&2	3 to 5	6 +	food item	1&2	3 to 5	6 +	food item	1&2	3 to 5	6 +	food item	1&2	3 to 5	6 +	food item	1&2	3 to 5	6 +
a.m. snack 6:45 #1 component	Buttery Round Crackers	4 crckrs	4 crckrs	8 crckrs	Newton Bar	1 bar	1 bar	2 bar	Nilla Wafers	4 Wafer	4 Wafer	7 Wafer	Bug Bites	4 Bug Bites	4 Bug Bites	8 Bug Bites	Goldfish	8 Fish	10 Fish	14 Fish
#2 component	Mango Juice	1/2 Cup	1/2 Cup	3/4 Cup	Strawberry Juice	1/2 Cup	1/2 Cup	3/4 Cup	Apple Juice	1/2 Cup	1/2 Cup	3/4 Cup	Grape Juice	1/2 Cup	1/2 Cup	3/4 Cup	Cherry Juice	1/2 Cup	1/2 Cup	3/4 Cup
breakfast 8:00-9:00 fruit or juice	Rice Chex (WG)	1/4 Cup	1/3 Cup	3/4 Cup	French Toast	1 Slice	1 Slice	2 Slice	Berry Kix (WG)	1/4 Cup	1/3 Cup	3/4 Cup	Bagels	1/2 Bagel	1/2 Bagel	1 Bagel	Strawberry Mini Wheats (WG)	1/4 Cup	1/3 Cup	3/4 Cup
cereal or toast	Fruit Cocktail	1/4 Cup	1/2 Cup	1/2 Cup	Strawberries	1/4 Cup	1/2 Cup	1/2 Cup	Applesauce	1/4 Cup	1/2 Cup	1/2 Cup	Pineapple	1/4 Cup	1/2 Cup	1/2 Cup	Pears	1/4 Cup	1/2 Cup	1/2 Cup
milk**	1% & Whole	1/2 Cup	3/4 Cup	1 Cup	1% & Whole	1/2 Cup	3/4 Cup	1 Cup	1% & Whole	1/2 Cup	3/4 Cup	1 Cup	1% & Whole	1/2 Cup	3/4 Cup	1 Cup	1% & Whole	1/2 Cup	3/4 Cup	1 Cup
lunch 11:00 meat,fish, poultry, eggs	Biscuits and Gravy	1/2 Cup	1/2 Cup	3/4 Cup	Pigs in a blanket	1 hot dog	1 hot dog	2 hot dog	Beef (CN) Dippers	2 Dips	2 Dips	4 Dips	Cheeseburger Mac	1/2 Cup	1/2 Cup	3/4 Cup	Chicken Dippers	2	2	4
vegetable, fruit, salad	Peaches	1/8 Cup	1/4 Cup	1/2 Cup	Mandarin Oranges	1/8 Cup	1/4 Cup	1/2 Cup	Bananas	1/8 Cup	1/4 Cup	1/2 Cup	Apricots	1/8 Cup	1/4 Cup	1/2 Cup	Mixed Fruit	1/8 Cup	1/4 Cup	1/2 Cup
vegetable, fruit, salad	Corn	1/8 Cup	1/4 Cup	1/4 Cup	Green Beans	1/8 Cup	1/4 Cup	1/4 Cup	Peas	1/8 Cup	1/4 Cup	1/4 Cup	Carrots	1/8 Cup	1/4 Cup	1/4 Cup	Mixed Veggies	1/8 Cup	1/4 Cup	1/4 Cup
bread, rice, or pasta	Biscuits	1	1	2	Crescent Rolls	1/2 crescent	1/2 crescent	1 crescent	Dinner Roll	1 Roll	1 Roll	2 Rolls	Noodles	1/8 Cup	1/4 Cup	1/4 Cup	Bun	1/2 Bun	1/2 Bun	1 Bun
milk**	1% & Whole	1/2 Cup	3/4 Cup	1 Cup	1% & Whole	1/2 Cup	3/4 Cup	1 Cup	1% & Whole	1/2 Cup	3/4 Cup	1 Cup	1% & Whole	1/2 Cup	3/4 Cup	1 Cup	1% & Whole	1/2 Cup	3/4 Cup	1 Cup
p.m.snack 2:30 #1 component	Salsa	.5 oz	.5 oz	1 oz	Pasta Salad	1/8 Cup	1/4 Cup	1/2 Cup	Cottage Cheese	1/4 Cup	1/4 Cup	1/2 Cup	Buttery Round Crackers	4 Crckrs	4 Crckrs	8 Crckrs	String Cheese	1/2 Stick	1/2 Stick	1 Stick
#2 component	Tortilla Chips	7	7	12					Peaches	1/4 Cup	1/4 Cup	1/2 Cup	Hummus	1/2 Cup	3/4 Cup	1 Cup	Pretzels	10	10	20
**1's get whole milk	Water	1/2 Cup	1/2 Cup	3/4 Cup	Mango Juice	1/2 Cup	1/2 Cup	3/4 Cup	Water	1/2 Cup	1/2 Cup	3/4 Cup	Water	1/2 Cup	1/2 Cup	3/4 Cup	Water	1/2 Cup	1/2 Cup	3/4 Cup