

Menu Planner Child Care Center

Week of October 29th through November 2nd

Week 2 Little Lambs Daycare

	Monday 29				Tuesday 30				Wednesday 31				Thursday 1				Friday 2			
	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	Nilla Wafer	4 Wafer	4 Wafer	7 Wafer	Goldfish	8 Fish	10 Fish	14 Fish	Buttery Round Crackers	4 Crckrs	4 Crckrs	8 Crckrs	Oyster Crackers	1/2 Cup	1/2 Cup	1 Cup	Goldfish	8 Fish	10 Fish	14 Fish
#2 component	Mango Juice	1/2 Cup	1/2 Cup	1 Cup	Apple Juice	1/2 Cup	1/2 Cup	1 Cup	Grape Juice	1/2 Cup	1/2 Cup	1 Cup	Cherry Juice	1/2 Cup	1/2 Cup	1 Cup	Strawberry Juice	1/2 Cup	1/2 Cup	1 Cup
breakfast 8:00-9:00 fruit or juice	Blueberry Chex	1/4 Cup	1/3 Cup	3/4 Cup	Breakfast Pizza	1/2 Slice	1/2 Slice	1 Slice	Multigrain Cheerios	1/4 Cup	1/3 Cup	3/4 Cup	Cinnamon Streusel Muffin	1/2 Muffin	1/2 Muffin	1 Muffin	Life Cereal	1/4 Cup	1/3 Cup	3/4 Cup
cereal or toast	Fruit Cocktail	1/4 Cup	1/2 Cup	1/2 Cup	Straw-berries	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	Chicken Nuggets	2	2	4	Porcupine Meatballs	1 oz	1.5 oz	2 oz	Baked Cheesy Tuna	1/2 Cup	1/2 Cup	3/4 Cup	Baked Spaghetti	1/2 Cup	1/2 Cup	3/4 Cup	Mini Corn Dogs	4	4	8
vegetable, fruit, salad	Peaches	1/8 Cup	1/4 Cup	1/2 Cup	Mandarin Oranges	1/8 Cup	1/4 Cup	1/2 Cup	Banana	1/2	1/2	1	Apricots	1/8 Cup	1/4 Cup	1/2 Cup	Mixed Fruit	1/8 Cup	1/4 Cup	1/2 Cup
vegetable, fruit, salad	Peas	1/8 Cup	1/4 Cup	1/4 Cup	Mashed Potatos	1/8 Cup	1/4 Cup	1/4 Cup	Corn	1/8 Cup	1/4 Cup	1/4 Cup	Green Beans	1/8 Cup	1/4 Cup	1/4 Cup	Mixed Veggies	1/8 Cup	1/4 Cup	1/4 Cup
bread, rice, or pasta	Bread	1 Slice	1 Slice	2 Slices	Rolls	1 Roll	1 Roll	2 Roll	Tortilla	1/2 Shell	1/2 Shell	1 Shell	Noodles	1 oz.	1.5 oz.	2 oz.	Bread	1 Slice	1 Slice	2 Slices
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	Yogurt	1/4 Cup	1/4 Cup	1/2 Cup	Chocolate Chex	1/4 Cup	1/3 Cup	3/4 Cup	Cheezits	10	10	20	Bunny Bites	1/2 Bag	1/2 Bag	1 Bag	Chex Mix	1/2 Cup	1/2 Cup	1 Cup
#2 component	Blueberries	1/4 Cup	1/4 Cup	1/2 Cup	Banana	1/2	1/2	1					Applesauce	1/4 Cup	1/4 Cup	1/2 Cup				
**1's get whole milk	Water	1/2 Cup	1/2 Cup	3/4 Cup	Water	1/2 Cup	1/2 Cup	3/4 Cup	Juice	1/2 Cup	1/2 Cup	3/4 Cup	Water	1/2 Cup	1/2 Cup	3/4 Cup	Juice	1/2 Cup	1/2 Cup	3/4 Cup