

Menu Planner Child Care Center

Week of November 5th through 9th

Week 3 Little Lambs Daycare

	Monday 5				Tuesday 6				Wednesday 7				Thursday 8				Friday 9			
	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	Pretzels	10 Prtzls	10 Prtzls	20 Prtzls	Oyster Crackers	1/2 Cup	1/2 Cup	1 Cup	Goldfish	8 Fish	10 Fish	10 Fish	Buttery Round Crackers	4 Crckrs	4 Crckrs	8 Crckrs
#2 component	Cherry Juice	1/2 Cup	1/2 Cup	1 Cup	Grape Juice	1/2 Cup	1/2 Cup	1 Cup	Mango Juice	1/2 Cup	1/2 Cup	1 Cup	Mango Juice	1/2 Cup	1/2 Cup	1 Cup	W Grape Juice	1/2 Cup	1/2 Cup	1 Cup
breakfast 8:00-9:00 fruit or juice	Cheerios	1/4 Cup	1/3 Cup	3/4 Cup	French Toast	1 waffle	1 waffle	2 waffles	Brown Sugar Oatmeal Squares	1/4 Cup	1/3 Cup	3/4 Cup	Banana Muffins	1/2 Muffin	1/2 Muffin	1 Muffin	Blueberry mini wheats	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	Tacos	1/2 Cup	1/2 Cup	3/4 Cup	Hot Dogs	1 Dog	1 Dog	2 Dogs	Chicken BBQ Sandwich	1/2 Cup	1/2 Cup	3/4 Cup	PB&J	1/2 Sand	1/2 Sand	1 Sand	Hamburger Gravy	1/2 Cup	1/2 Cup	1 Cup
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	Lettuce	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	Peas	1/8 Cup	1/4 Cup	1/4 Cup	Mashed Potatos	1/8 Cup	1/4 Cup	1/4 Cup
bread, rice, or pasta	Tortilla (WG)	1/2 Tort	1/2 Tort	1 Tort	Bun (WG)	1/2 Bun	1/2 Bun	1 Bun	Bun	1/2 Bun	1/2 Bun	1 Bun	Bread	1	1	2	Dinner Roll (WG)	1 Roll	1 Roll	2 Rolls
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	Cheese Cubes	4 cubes	6 cubes	8 cubes	Graham Crackers	1 Rect	1 Rect	2 Rect	Apple Cinn. Cheerios	1/4 Cup	1/3 Cup	3/4 Cup	Ham and Cheese Wrap	1 slice ham + chse	1 slice ham + chse	2 slice ham + cheese	Goldfish (WG)	8 Fish	8 Fish	10 Fish
#2 component	Buttery Round Crackers	4	4	8	Yogurt	1/4 Cup	1/4 Cup	1/2 Cup	Pears	1/4 Cup	1/4 Cup	1/2 Cup	Tortilla	1/2 Tort	1/2 Tort	1 Tort				
**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	Water	1/2 Cup	1/2 Cup	3/4 Cup	Water	1/2 Cup	1/2 Cup	3/4 Cup	White Grape Juice	1/2 Cup	1/2 Cup	3/4 Cup