

Menu Planner Child Care Center

Week of October 12th through 16th

Week 4 Little Lambs Daycare

	Monday 12				Tuesday 13				Wednesday 14				Thursday 15				Friday 16			
	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	12 Fish	Bug Bites	4 Bugs	4 Bugs	8 Bugs	Oyster Crackers	1/2 Cup	1/2 Cup	1 Cup	Nutri Grain	1 Bar	1 Bar	2 Bars
#2 component	Peach Mango Juice	1/2 Cup	1/2 Cup	1 Cup	Blue Raspberry Juice	1/2 Cup	1/2 Cup	1 Cup	White Grape Juice	1/2 Cup	1/2 Cup	1 Cup	Cherry Juice	1/2 Cup	1/2 Cup	1 Cup	Orange Juice	1/2 Cup	1/2 Cup	1 Cup
breakfast 8:00-9:00 fruit or juice	Blueberry Mini Spooners	1/4 Cup	1/3 Cup	3/4 Cup	English Muffins	1/2 Muff	1/2 Muff	1 Muff	Cinnamon Oatmeal Squares	1/4 Cup	1/3 Cup	3/4 Cup	Breakfast Pizza	1/2 Slice	1/2 Slice	1 Slice	Cinn. Honey Bunches of Oats	1/4 Cup	1/3 Cup	3/4 Cup
cereal or toast	Fruit Cocktail	1/4 Cup	1/2 Cup	1/2 Cup	Strawberrys	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 Alfredo	1 oz	1.5 oz	2 oz	Ham and Potatos	1 oz	1.5 oz	2 oz	Sloppy Jo	1 oz	1.5 oz	2 oz	Grilled Ham and Cheese	1/2 Sand	1/2 Sand	1 Sand	Chicken Patty	1/2 Sand	1/2 Sand	1 Sand
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	1/8 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	Carrots	1/8 Cup	1/4 Cup	1/4 Cup	Peas	1/8 Cup	1/4 Cup	1/4 Cup	Green Beans	1/8 Cup	1/4 Cup	1/4 Cup	Corn	1/8 Cup	1/4 Cup	1/4 Cup	Mixed Veggies	1/8 Cup	1/4 Cup	1/4 Cup
bread, rice, or pasta	Noodles	1 oz	1.5 oz	2 oz	Dinner Roll	1 Roll	1 Roll	2 Rolls	Bread	1 slice	1 slice	2 slice	Bun	1/2 bun	1/2 bun	1 bun	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	PB+J Wrap	1/2 Wrap	1/2 Wrap	1 Wrap	Cottage Cheese	1/4 Cup	1/4 Cup	1/2 Cup	Sun Chips	8	8	16	String Cheese	1/2 Stick	1/2 Stick	1 Stick
#2 component	Tortilla Chips	6	6	12					Peaches	1/4 Cup	1/2 Cup	1/2 Cup	Hummus	.5 oz	.5 oz	1 oz	Pretzels	10	10	20
**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	Water	1/2 Cup	1/2 Cup	3/4 Cup