

Menu Planner Child Care Center

Week of October 8th through 12th

Week 5 Little Lambs Daycare

	Monday 8				Tuesday 9				Wednesday 10				Thursday 11				Friday 12			
	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	Goldfish	8 Fish	10 Fish	12 Fish	Teddy Grahams	13 Bears	13 Bears	23 Bears	Oyster Crackers	1/2 Cup	1/2 Cup	1 Cup	Nilla Wafer	4 Wafer	4 Wafer	7 Wafer	Buttery Round Crackers	4 Crkrs	4 Crkrs	8 Crkrs
#2 component	Cherry Juice	1/2 Cup	1/2 Cup	1 Cup	White Juice	1/2 Cup	1/2 Cup	1 Cup	Strawberry Juice	1/2 Cup	1/2 Cup	1 Cup	Mango 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	Corn Chex (WG)	1/4 Cup	1/3 Cup	3/4 Cup	Mini Pancakes	3 Cakes	3 Cakes	6 Cakes	Honey Kix (WG)	1/4 Cup	1/3 Cup	3/4 Cup	Blueberry Muffins	1/4 Cup	1/4 Cup	1/2 Cup	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	Strawberrie s	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 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	PB+J	1/2 Sand	1/2 Sand	1 Sand	Chicken and Noodles	1/2 Cup	1/2 Cup	3/4 Cup	Hamburger	1/2 Sand	1/2 Sand	1 Sand	Chicken Salad	1/2 Cup	1/2 Cup	3/4 Cup	Bosco Sticks	1/2 Stick	1/2 Stick	1 Stick
vegetable, fruit, salad	Peaches	1/8 Cup	1/4 Cup	1/2 Cup	Mandarin Oranges	1/2 Ban	1/2 Ban	1 Ban	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	Mashed Potatos	1/8 Cup	1/4 Cup	1/4 Cup	Salad	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	Bread	1 Slice	1 Slice	2 Slices	Noodles	1 oz	1.5 oz	2 oz	Bun	1/2 bun	1/2 bun	1 bun	WG Bun	1/2 bun	1/2 bun	1 bun	Bread Stick	1 stick	1 stick	2 stick
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	Hummus	1/4 Cup	1/4 Cup	1/3 Cup	Cheezits (WG)	10	10	20	Honey Nut Chex	1/4 Cup	1/3 Cup	3/4 Cup	Animal Crackers (WG)	1/2 Bag	1/2 Bag	1 Bag	Chex Mix	1/2 Cup	1/2 Cup	1 Cup
#2 component	Pretzels	10	10	20									Applesauce	1/4 Cup	1/2 Cup	1/2 Cup				
**1's get whole milk	Water	1/2 Cup	1/2 Cup	3/4 Cup	Cranberry Apple Juice	1/2 Cup	1/2 Cup	3/4 Cup	Milk	1/2 Cup	1/2 Cup	3/4 Cup	Water	1/2 Cup	1/2 Cup	3/4 Cup	Apple Juice	1/2 Cup	1/2 Cup	3/4 Cup