

## Menu Planner Child Care Center

Week of November 19th through November 23rd

## Week 6 Little Lambs Daycare

	Monday 19				Tuesday 20				Wednesday 21				Thursday 22				Friday 23			
	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	Graham Crackers	1 Crack	1 Crack	2 Crack	Nilla Wafer	4 Wafer	4 Wafer	8 Wafer	Oyster Crackers	1 Bag	1 Bag	2 Bags	Nutri Grain	1 Bar	1 Bar	2 Bars	Goldfish	8 Fish	10 Fish	12 Fish
#2 component	Apple Juice	1/2 Cup	1/2 Cup	1 Cup	Berry Juice	1/2 Cup	1/2 Cup	1 Cup	Strawberry Kiwi 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 (WG)	1/4 Cup	1/3 Cup	3/4 Cup	Oatmeal (WG)	1 Waffle	1 Waffle	2 Waffle	Kix (WG)	1/4 Cup	1/3 Cup	3/4 Cup	Cheese Omelets and toast	1/2-O 1/2-T	1/2-O 1/2-T	1-O 1-T	Pumpkin Life (WG)	1/4 Cup	1/3 Cup	3/4 Cup
cereal or toast	Fruit Cocktail	1/4 Cup	1/2 Cup	1/2 Cup	Strawberry	1/4 Cup	1/2 Cup	1/2 Cup	Applesauce	1/4 Cup	1/2 Cup	1/2 Cup	Apricots	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	Beef and Noddles	1/2 Cup	1/2 Cup	3/4 Cup	Fish	1 oz	1.5 oz	2 oz	Tater Tot Casserole	1/2 Cup	1/2 Cup	3/4 Cup	Sweet and Sour Chicken	1/2 Cup	1/2 Cup	3/4 Cup	Ham and Cheese Rollup	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	Bananas	1/2 ban	1/2 ban	1 ban	Pineapple	1/8 Cup	1/4 Cup	1/2 Cup	Mixed Fruit	1/8 Cup	1/4 Cup	1/2 Cup
vegetable, fruit, salad	Mashed Potatos	1/8 Cup	1/4 Cup	1/4 Cup	Lettuce	1/8 Cup	1/4 Cup	1/4 Cup	Corn	1/8 Cup	1/4 Cup	1/4 Cup	Peas	1/8 Cup	1/4 Cup	1/2 Cup	Mixed Veggies	1/8 Cup	1/4 Cup	1/4 Cup
bread, rice, or pasta	Noodles	1 oz	1.5 oz	2 oz	Rolls	1/2 Roll	1/2 Roll	1 Roll	Bread	1/2 Slice	1/2 Slice	1 Slice	Bread (WG)	1 piece	1 piece	2 pieces	Tortilla	1/2 tort	1/2 tort	1 tort
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	6	8	Graham Crackers	1/2 Rec.	1/2 Rec.	1 Rec.	Goldfish	8	8	10	Blueberries	1/8 cup	1/4 cup	1/2 cup	Oyster Crackers	1/8 cup	1/4 cup	1/2 cup
#2 component	Pretzels	10	10	20	Banana	1/2 Ban.	1/2 Ban.	1 Ban.					Yogurt	1/4 Cup	1/4 Cup	1/2 Cup	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	Water	1/2 Cup	1/2 Cup	3/4 Cup	Cherry 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