

Week of: 02/01/01-02/03/2006

MENU PLANNING GUIDE DAY CARE

2/1/2006 2/2/2006 2/3/2006

	Monday	Tuesday	Wednesday	Thursday	Friday
amounts for ages					
1-2			food	food	food
3-5			item	item	item
6-12			apple slices	Pear Slices	Grape Juice
Breakfast			French Toast	Honey Graham Cereal	pancakes
juice, fruit, veg	1/4	1/2			
bread	1/2	1/2			
(or grain alternate)					
milk	1/2	3/4	Milk	Milk	Milk
A.M. Snack (2 of 4)					
meat or alternate	1/2	1/2			
juice, fruit, veg.	1/2	1/2			
cereal	1/4	1/3			
bread	1/2	1/2	choc chip mini muffins	Blueberry Muffins	Mandarin Orange Sl.
milk	1/2	3/4	Milk	Milk	Club Crackers
					Milk
Lunch					
meat or alternate	1	1 1/2	Jello/mw/Juicy Juice	1# extra cheese	Tangerine Slices
vegetable/fruit	1/4	1/2	Ham Chunks	Pizza	Chicken Sticks
(two or more)			French Fries	Lettuce Salad*	Tator Tots
bread or cereal	1/2	1/2	Peas	Slices Strawberries	Corn/Gr Beans
milk	1/2	1/2	Bread & Butter	Crust	Bread & Butter
			Milk	Milk	Milk
			grapes *	Banana Slices	
P.M. Snack (2 of 4)					
meat or alternate	1/2	1/2			
juice, fruit, veg.	1/2	1/2			
cereal	1/4	1/3	Fruit Roll Ups	American Cheese	
bread	1/2	1/2	Club Crackers	Ritz Crackers	graham cracker
milk	1/2	3/4	Milk	Milk	Milk
Supper					
meat or alternate	1	1 1/2			
vegetable/fruit	1/4	1/2	* Skinned & diced frof infants	*Chopped finely for infants and toddlers	
(two or more)					
bread or cereal	1/2	1/2			
milk	1/2	1/2			
Evening Snack (2 of 4) *same as A.M. and P.M. Snack					

Week of: 02/06/2006-02/10/2006 MENU PLANNING GUIDE DAY CARE 2/9/2006 2/10/2006

	2/6/2006	2/7/2006	2/8/2006	2/9/2006	2/10/2006
	Monday	Tuesday	Wednesday	Thursday	Friday
	food item	food item	food item	food item	food item
Breakfast					
juice, fruit, veg	1/4	grapes*	banana	apple slices	tangerine slices
bread	1/2	Waffles w/syrup	Toast	Frosted Flakes	Pancakes w/syrup
(or grain alternate)					
milk	1/2	Milk	Milk	Milk	Milk
A.M. Snack (2 of 4)					
meat or alternate	1/2				
juice, fruit, veg.	1/2		Peanut Butter		
cereal	1/4		Goldfish		
bread	1/2	apple/cin muffin	Pretzels *	choc chip mini muffins	Ritz Crackers
milk	1/2	Milk	Milk	Milk	Milk
Lunch					
meat or alternate	1	1# Cheese	Scram Eggs	2 # G. Round	Fruit Salad*
vegetable/fruit	1/4	Hot Dogs (Turkey)*	Ham Chunks	Goulash	Chicken Strips
(two or more)		HM Mac & Cheese	m. oranges/pineapple	Fr. Style Green Beans	French Fries
bread or cereal	1/2	Peas	Hash Browns	Applesauce	Peas
milk	1/2	Bread or bun	French Toast	Bread & Butter	Texas Toast
			Milk	Milk	Milk
		peaches			
P.M. Snack (2 of 4)					
meat or alternate	1/2				
juice, fruit, veg.	1/2	Yogurt Sticks			Banana
cereal	1/4				
bread	1/2	Pretzels *	Puppy Chow**	Graham Crackers	goldfish
milk	1/2	Milk	Milk	Milk	Milk
Supper					
meat or alternate	1	* Bread Stick for infants	* Toast Strip for infants		*pineapple, banana,
vegetable/fruit	1/4	* Skinned & diced for infants	**made with chex cereal		M. Oranges and
(two or more)					Marshmallows
bread or cereal	1/2				
milk	1/2				
Evening Snack (2 of 4) * same as					
A.M. and P.M. Snack					

Week of: 02/20/2006-02/24/2006 MENU PLANNING GUIDE DAY CARE 2/20/2006 2/21/2006 2/22/2006 2/23/2006 2/24/2006

	Monday	Tuesday	Wednesday	Thursday	Friday
amounts for ages					
1-2					
3-5					
6-12					
Breakfast	food	food	food	food	food
juice, fruit, veg	item	item	item	item	item
bread	apple juice	banana slices	apple chunks	Kiwi Slices	Strawberries*
(or grain alternate)	Rice Krispie Cereal	Toast	French Toast	Sweetened Corn Puffs	Pancakes w/syrup
milk	Milk	Milk	Milk	Milk	Milk
A.M. Snack (2 of 4)					
meat or alternate					
juice, fruit, veg.			cranberry muffins	1/2 Banana	
cereal					
bread	apple cin bread	Puppy Chow			choc chip muffins
milk	Milk	Milk	Milk	Milk	Milk
Lunch					
meat or alternate	2# G. Round	fruit cocktail	Celery/Carrot Slices*	Pineapple	Jello/mw/Juicy Juice
vegetable/fruit	Spaghetti	Fried Chicken	Hamburger Sand	Ham Chunks	Chicken Bites
(two or more)	Peas	Mashed Potato/Gravy	French Fries	Tator Tots	Potato Paddies
bread or cereal	Pears	Cut Green Beans	tomato slices	Fr. Style Green Beans	Corn
milk	Garlic Toast	Bread & Butter	Bun	Bread & Butter	Bread & Butter
	Milk	Milk	Milk	Milk	Milk
			peaches		grapes *
P.M. Snack (2 of 4)					
meat or alternate	Yogurt Sticks		Peanut Butter		
juice, fruit, veg.	Sliced Peaches	Fruit Roll Up			Apple Slices and Dip
cereal					
bread			Ritz Crackers	Graham Crackers	
milk	Milk	Milk	Milk	Milk	Milk
Supper					
meat or alternate			*steamed for infants		* approved by parents
vegetable/fruit					or served m. oranges
(two or more)					*skinned & diced for infants
bread or cereal					
milk					
Evening Snack (2 of 4) *same as					
A.M. and P.M. Snack					

Week of: 02/27/2006-02/28/2006 MENU PLANNING GUIDE DAY CARE

2/27/2006 2/28/2006

	Monday 2/27/2006	Tuesday 2/28/2006	Wednesday	Thursday	Friday
amounts for ages					
1-2	food	food			
3-5	item	item			
6-12	apple juice	Orange Juice			
Breakfast	Rice Krispie Cereal	Waffle w/syrup			
juice, fruit, veg					
bread					
(or grain alternate)					
milk	Milk	Milk			
A.M. Snack (2 of 4)					
meat or alternate					
juice, fruit, veg.					
cereal		fruit cup			
bread	apple cin bread				
milk	Milk	Milk			
Lunch					
meat or alternate	2# G. Round	2# stew beef			
vegetable/fruit	Goulash	Beef & Noodles			
(two or more)	corn	Mashed Potatos			
bread or cereal	Pears	Corn			
milk	Garlic Toast	Bread & Butter			
	Milk	Milk			
		applesauce			
P.M. Snack (2 of 4)					
meat or alternate					
juice, fruit, veg.		Peanut Butter			
cereal	Sliced Peaches				
bread		Goldfish			
milk	Milk	pretzels *			
		Milk			
Supper					
meat or alternate		* Toast Strips for infants			
vegetable/fruit					
(two or more)					
bread or cereal					
milk					
Evening Snack (2 of 4) * same as A.M. and P.M. Snack					