

	Monday	Tuesday	Wednesday	Thursday	Friday
amounts for ages					
1-2	food	food	food	food	food
3-5	item	item	item	item	item
6-12	peaches	orange sections	pears	1/2 banana	pineapple tidbits
Breakfast	Brontosaurus Cereal	Cinnamon Toast	Fr. Toast	Cocoa Puffs	Pancakes
juice, fruit, veg 1/4					
bread 1/2					
(or grain alternate)					
milk 1/2	Milk	Milk	Milk	Milk	Milk
1cup					
A.M. Snack (2 of 4)					
meat or alternat 1/2					
juice, fruit, veg. 1/2	apple slices*			fruit cup	
cereal 1/4					
bread 1/2			graham crackers		banana muffins
milk 1/2	Milk	Milk	Milk	Milk	Milk
1cup					
Lunch					
meat or alternat 1	2#ground chuck		applesauce	2# ground chuck	
vegetable/fruit 1/4	Sloppy Joes	ham chunks**	fish	spaghetti	Steak Cubes
(two or more)	french fried potatoes	scrambled eggs	tater tots	peas	french fried potatoes
bread or cereal 1/2	corn	peaches	cut green beans	applesauce	corn
milk 1/2	Bun/Roll	french toast sticks	bread & butter	garlic toast	Bun/Roll
1cup	Milk	Milk	Milk	Milk	Milk
	m. oranges	Hash Browns		Lettuce Salad*	m. oranges
P.M. Snack (2 of 4)					
meat or alternat 1/2		cheese	scoop ice cream w/		
juice, fruit, veg. 1/2	peanut butter		pineapple		
cereal 1/4	goldfish				
bread 1/2	pretzels*	crackers		graham crackers	puppy chow made with Chex cereal
milk 1/2	Milk	Milk	Milk	Milk	Milk
3/4					
Supper					
meat or alternat 1	*Club cracker for infants	*applesauce for infants		Lettuce Salad* finely	
vegetable/fruit 1/4	infants	**ham diced for infants		chopped for I/Toddlers	
(two or more)					
bread or cereal 1/2					
milk 1/2					
1cup					

	Monday	Tuesday	Wednesday	Thursday	Friday
amounts for ages					
1-2	1-2	3-5	6-12		
Breakfast	food	food	food	food	food
juice, fruit, veg	item	item	item	item	item
bread	1/2 banana	grapefruit sections	peaches	apple chunks*	pears slices*
(or grain alternate)	Golden Grahams	Toast	French Toast	Cheerios	pancakes
milk	Milk	Milk	Milk	Milk	Milk
A.M. Snack (2 of 4)					
meat or alternat	choc and marshmallow				
juice, fruit, veg.		peanut butter	yogurt stick		
cereal					
bread	graham cracker smores	pretzels*	graham cracker	blueberry muffin	cinamon toast
milk	Milk	Milk	Milk	Milk	Milk
Lunch					
meat or alternat	pineapple	peaches	2# ground chuck	1# Extra Cheese	Fruit cocktail
vegetable/fruit	Hot Dogs*	Fried Chicken**	Goulash	Pizza	chicken strips*
(two or more)	French Fries	M. Potatoes/gravy	corn	cut green beans	potato wedges
bread or cereal	Fr Style Gr Beans	Peas	pears	mandarin oranges	Mixed Vegetables
milk	bread/bun	Bread & Butter	garlic toast	crust	Bread & Butter
	Milk	Milk	Milk	Milk	Milk
			jelo m/w/juicy juice		
P.M. Snack (2 of 4)					
meat or alternat	cheese				
juice, fruit, veg.			orange sections		
cereal					
bread	crackers	choc chip cookie	Ritz Crackers	granola bar	Fruit Loops cereal
milk	Milk	Milk	Milk	Milk	Milk
Supper					
meat or alternat	*chopped finely for infants	*Club cracker for infants		*Applesauce for infants	*Chicken finely chopped for infants
vegetable/fruit		**chopped/diced for infants			
(two or more)					
bread or cereal					*pear slices chopped well for infants
milk					

	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	mandarin oranges	pineapple tidbits	peaches	fruit cup	stewed apples
(or grain alternate)	Fruit Loops	Waffle w/syrup	Cinnamon Toast	Sweetened Corn Puffs	Pancakes
milk	Milk	Milk	Milk	Milk	Milk
A.M. Snack (2 of 4)					
meat or alternat					
juice, fruit, veg.		applesauce			
cereal					
bread	graham crackers	Ritz cracker	choc chip muffin	granola bar	pumpkin bread
milk	Milk	Milk	Milk	Milk	Milk
Lunch					
meat or alternat	cheese chunks	pears	pineapple	peaches	1/2 banana
vegetable/fruit	peanut butter sandw.	roast beef*	ham & cheese sandw	chicken casserole	Fish
(two or more)	cream of potato soup	mashed potatoes	deviled eggs	cut green beans	Fr. Fries
bread or cereal	fresh veggies**	peas	potato	mashed potatoes	corn
milk	bread	bread & butter	bread	bread & butter	bread & butter
	Milk	Milk	Milk	Milk	Milk
	jello m/w/ juicy juice			2#'s chicken	
P.M. Snack (2 of 4)					
meat or alternat					
juice, fruit, veg.	apple slices		yogurt sticks	applesauce	
cereal					
bread		Nutri-Grain bar	graham cracker	cinnamon roll	blueberry muffin
milk	Milk	Milk	Milk	Milk	Milk
Supper					
meat or alternat		*chopped for infants			
vegetable/fruit	*veggies steamed for infants				
(two or more)	**fresh veggies are				
bread or cereal	carrots, celery &				
milk	cucumbers				

Week of: 05/22/2006-05/26/2006

MENU PLANNING GUIDE DAY CARE

5/22/2006 5/23/2006 5/24/2006 5/25/2006 5/26/2006

	Monday	Tuesday	Wednesday	Thursday	Friday
amounts for ages					
1-2	food	food	food	food	food
3-5	item	item	item	item	item
6-12	1/2 banana	orange sections	grapefruit sections	peaches	Strawberries
Breakfast	Cocoa Puffs	Waffles w/syrup	French Toast	Golden Grahams	Pancakes
juice, fruit, veg					
1/4					
1/2					
1 slice					
bread					
(or grain alternate)					
1/2	Milk	Milk	Milk	Milk	Milk
3/4					
1 cup					
A.M. Snack (2 of 4)					
meat or alternat					
1/2					
1 ounce					
juice, fruit, veg.			cheese	peanut butter	
1/2					
3/4 cup					
cereal					
1/4					
1/3					
3/4 cup					
bread	Nutri-Grain bar	graham crackers	crackers	pretzels*	banana muffin in cone
1/2					
1 slice					
milk	Milk	Milk	Milk	Milk	Milk
1/2					
3/4					
1 cup					
Lunch					
meat or alternat	1#Amer. Cheese for	applesauce	2# ground chuck	Jello m/w/Juicy Juice	cantaloupe
1					
1 1/2	H.M. Mac & Cheese	baked chicken*	ravioli	pork steak cubes**	chicken strips*
vegetable/fruit	Hot Dogs	potato puffs	cut green beans	mashed potatoes	tater tots
1/4					
1/2					
3/4 cup					
(two or more)					
bread or cereal	Tator Tots	peas	pears	corn	fr style green beans
1/2					
1 slice	bread/bun	Texas toast	bread & butter	Bread & Butter	Bread & Butter
milk	Milk	Milk	Milk	Milk	Milk
1/2					
1 cup	cantaloupe chunks			pineapple tidbits	
P.M. Snack (2 of 4)					
meat or alternat					
1/2					
1 ounce					
juice, fruit, veg.	peanut butter			yogurt stick	
1/2					
3/4 cup					
cereal					
1/4					
1/3					
3/4 cup	goldfish crackers	Fruit Loops necklace	puppy chow made with		
bread			Chex cereal	applesauce cookie	graham cracker
1/2					
1 slice					
milk	Milk	Milk	Milk	Milk	Milk
1/2					
3/4					
1 cup					
Supper					
meat or alternat					
1					
1 1/2					
2 ounces					
juice, fruit, veg.					
1/4					
1/2					
3/4 cup					
(two or more)					
bread or cereal					
1/2					
1 slice					
milk					
1/2					
1 cup					

Week of: 05/29/2006-05/31/2006

MENU PLANNING GUIDE DAY CARE

5/29/2006 5/30/2006 5/31/2006

	Monday	Tuesday	Wednesday	Thursday	Friday
amounts for ages					
1-2					
3-5					
6-12					
Breakfast					
juice, fruit, veg	1/4	1/2	pineapple tidbits		
bread	1/2	1/2	French Toast		
(or grain alternate)					
milk	1/2	3/4	Milk		
A.M. Snack (2 of 4)					
meat or alternat	1/2				
juice, fruit, veg.	1/2				
cereal	1/4	1/3			
bread	1/2	1/2	Cim. Toast		
milk	1/2	3/4	Milk		
Lunch					
meat or alternat	1	1 1/2	peaches	Orange slices	
vegetable/fruit	1/4	1/2	fried chicken *	Finger Steak	
(two or more)			mashed pot w/gravy	baked potato	
bread or cereal	1/2	1/2	Fr style green beans	corn	
milk	1/2	1/2	bread & butter	bread & butter	
P.M. Snack (2 of 4)					
meat or alternat	1/2				
juice, fruit, veg.	1/2	1/2			
cereal	1/4	1/3	1/2 banana		
bread	1/2	1/2			
milk	1/2	3/4	Milk	Choc Chip Muffin	
Supper					
meat or alternat	1	1 1/2	*chicken diced/chopped		
vegetable/fruit	1/4	1/2	for infants & 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					

