

MENU PLANNER - CHILD CARE CENTER

The listed serving size is appropriate for children two (2) years of age and above.

State Form 49955 (R3 / 2-15)



FSSA - MS02

402 W. WASHINGTON ST., RM

Week Week 1	Name of center Education Depot	Menus written by: Glenn Farmer
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	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount
Breakfast Time: <u>8:15 am</u> Fruit or Juice	Apple slices	1/4 cup	Orange Slices	1/4 cup	Bananaslices	1/4 cup	Pineapples	1/4 cup	Applesauce	1/4 cup
Cereal or Toast	Blueberry Muffin	1/2 serving	Oatmeal	1/4 cup	Cheerios	1/3 cup	Biscuits	1/2 serving	Cheese Grits	1/4 cup
Milk	1 % Milk	6 oz	1% Milk	6 oz	1% Milk	6 oz	1 % Milk	6 oz	1% Milk	6 oz
A.M. Snack Time: <u>10:15 am</u> * #1 Component	Crackers	3-4 sq	Cheese crackers	5-6	Graham Crackers	1 sq	Animal Crackers	5-6	Vanilla Wafers	5-6
* #2 Component	Apple Juice	1/2 cup	OrangeJuice	1/2 cup	Apple Juice	1/2 cup	OrangeJuice	1/2 cup	Apple Juice	1/2 cup
Lunch Time: <u>12:15 pm</u> Meat, Fish, Poultry, Eggs, etc.	Sloppy Joe	1/2 cup	Red Beans	1/2 cup	Meatloaf	1/2 cup	Sliced Turkey	1 1/2 oz	Cheesy Spaghetti Bake	1/2 cup
Vegetable / Fruit / Salad	Corn	1/4 cup	Green Beans	1/4 cup	Peas	1/4 cup	Mixed Veggies	1/4 cup	Sliced Tomato	1/4 cup
Vegetable / Fruit / Salad	Tropical Fruit	1/4 cup	Mandrin Oranges	1/4 cup	Pineapples	1/4 cup	Pears	1/4 cup	Applesauce	1/4 cup
Bread, Rice, or Pasta	Hamburger Bun	1/2 serving	Rice	1/4 cup	Roll	1/2 serving	Cornbread	1/2 serving	Roll	1/2 serving
Milk	1% milk	6 oz	1% Milk	6 oz	1% Milk	6 oz	1% Milk	6 oz	1% Milk	6 oz
P.M. Snack Time: <u>3:00 pm</u> * #1 Component	Yogurt	2 oz	Apple slices	1/4 cup	Cheese Crackers	5-6	Vanilla Wafers	5-6	Graham Crackers	1 sq
* #2 Component	Graham Water	1 sq	Animal crackers Water	5-6	Mandarin Oranges Water	1/4 cup	Applesauce Water	1/4 cup	Apple Slices Water	1/4 cup