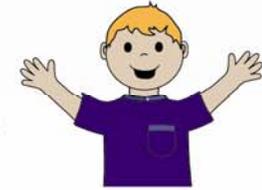


# MENUS FOR CHILD CARE



# MENUS FOR CHILD CARE



The cycle menus are designed to show how to achieve dietary variety, to use USDA Recipes for Child Care (available online at [www.nfsmi.org](http://www.nfsmi.org)), and to follow the recommendations of the Dietary Guidelines for Americans.

Menus meet the meal pattern requirements for 3-5 year olds. Portion sizes can be adjusted for other age groups using the meal pattern requirements available at [http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal\\_Patterns.htm](http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal_Patterns.htm). Readers should consider any state and/or local requirements when planning menus for children.

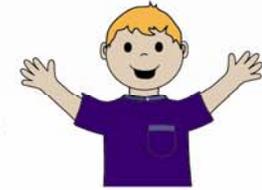
In some cases, additional foods are included in menus beyond meal pattern requirements to increase variety in meals. For instance, although there is no requirement to include meats or meat alternates at breakfast, a few menus include dishes such as scrambled eggs. Anytime foods are included in menus *beyond* meal pattern requirements, these foods appear in red print.

For nutrient analysis purposes, fruit is canned in juice, drained unless otherwise specified. Menu planners are encouraged to serve fresh fruits and vegetables as often as possible. These menus include lowfat (1%) milk, which is appropriate for children older than 2 years of age. For toddlers between 12 months and 2 years of age, serve whole milk. For infants younger than 1 year of age, serve breast milk or formula.

Crediting information appears in parentheses after each item on the menu.

2009

# MENUS FOR CHILD CARE

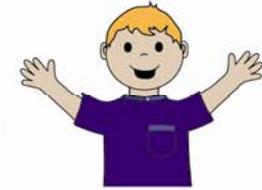


## Week 1 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup diced pears (½ cup fruit) ½ slice whole-grain toast with 1 tsp all-fruit spread (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh orange sections (½ cup fruit) 1 Baked Whole Wheat Doughnut A-07 <sup>2</sup> (1 ¼ slices bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup apricot halves (½ cup fruit) ½ whole-grain waffle with 1 Tbsp reduced calorie syrup and 1 tsp margarine (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup orange juice (½ cup fruit) ½ whole-grain English muffin with 1 Tbsp fruit flavored cream cheese (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)
<b>Lunch or Supper</b> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	1 serving Beef – Turkey Loaf D-04 <sup>2</sup> (1 ½ oz cooked lean meat, ⅛ cup vegetable, ½ slice bread) ¼ cup steamed yellow squash (¼ cup vegetable) ¼ cup peach halves (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 serving Spanish Quiche D-08A <sup>2</sup> (1 ½ oz cooked lean meat, ¼ cup vegetable, 2 slices bread) ¼ cup steamed broccoli (¼ cup vegetable) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	Chicken pita with 1 oz roasted chicken, ½ oz cheddar cheese, and ¼ cup shredded lettuce (1 ½ oz equivalent meat/meat alternate, ¼ cup vegetable) ½ cup mixed fruit, in light syrup (½ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	¾ oz roasted turkey on ½ slice whole wheat bread (¾ oz cooked lean meat, ½ slice bread) ½ cup Broccoli Cheese Soup H-05 <sup>2</sup> (¾ oz cheese, ¼ cup vegetable) ¼ cup apple slices (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup Split Pea Soup H-02 <sup>2</sup> (1 oz cooked lean meat, ⅛ cup vegetable, ¼ slice bread) topped with ½ oz shredded mozzarella cheese (½ oz cheese) ¼ cup carrots and peas (¼ cup vegetable) ¼ cup fresh pear slices (¼ cup fruit) 1 Corn Muffin A-02 <sup>2</sup> (¾ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)



# MENUS FOR CHILD CARE



## Week 1 Menus, continued

<p><u>Snack</u>                  Select two of the following:                  Meat or Meat Alternate                  Vegetable or Fruit or Juice                  Grains/Breads                  Milk</p>	<p>Banana half dipped in 1 Tbsp peanut butter<sup>3</sup> and sprinkled with 1 Tbsp granola (½ cup fruit, 1 Tbsp peanut butter)                  Water<sup>4</sup></p>	<p>1 piece Peach Muffin Squares A-16A<sup>2</sup> (1 slice bread)                  ½ cup 1% milk<sup>1</sup> (½ cup milk)                  Water<sup>4</sup></p>	<p>½ oz cottage cheese (½ oz cheese)                  ½ cup pineapple tidbits (½ cup fruit)                  Water<sup>4</sup></p>	<p>Fruit kebob with ¼ cup apples, ¼ cup banana slices, and 1 Tbsp peanut butter<sup>2</sup>                  Water<sup>4</sup></p>	<p>2 oz lowfat yogurt (2 oz yogurt)                  ½ cup diced peaches (½ cup fruit)                  Water<sup>4</sup></p>
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<sup>1</sup>Nutritionists recommend serving whole milk for children ages 2 and younger and lowfat milk for children older than 2 years of age.

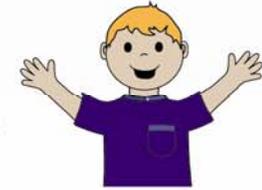
<sup>2</sup>USDA Recipes for Child Care. Available online at <http://www.nfsmi.org>.

<sup>3</sup>Sunflower butter may be substituted for peanut butter.

<sup>4</sup>Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.



# MENUS FOR CHILD CARE

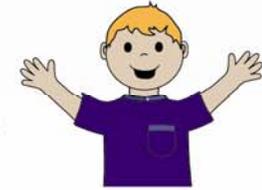


## Week 2 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup sliced fresh strawberries (½ cup fruit) ½ piece French toast with 1 Tbsp reduced calorie syrup (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup mixed fruit, in light syrup (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ½ hard boiled egg ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) 1 Applesauce Pancake A-05 <sup>2</sup> with 1 Tbsp reduced calorie syrup (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup pear halves (½ cup fruit) ¼ cup cooked oatmeal with 1 Tbsp raisins (¼ cup cooked cereal) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh orange sections (½ cup fruit) ½ Cut Biscuit Using Master Mix A-09B <sup>2</sup> with 1 tsp all-fruit spread (¾ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)
<b>Lunch or Supper</b> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	1 piece Pizza with Cheese Topping D-23A <sup>2</sup> (1 ½ oz cheese, ⅓ cup vegetable, 1 ½ slices of bread) ¼ cup steamed broccoli (¼ cup vegetable) ¼ cup pineapple wedges (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 oz grilled chicken with 1/4 cup pinto beans (1 ½ oz cooked poultry) ¼ cup green salad with 1 Tbsp shredded carrots and 1 Tbsp lowfat salad dressing (¼ cup vegetable) ¼ cup diced pears (¼ cup fruit) 1 piece Mexican Style Cornbread Squares A-10 <sup>2</sup> (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 Beef Patty D-04D <sup>2</sup> (1 ½ oz cooked lean meat, ⅛ cup vegetable, ½ slice bread) ¼ cup green beans (¼ cup vegetable) ¼ cup peach halves (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	⅓ cup Teriyaki Chicken D-12 <sup>2</sup> (1 ½ oz cooked poultry) ¼ cup steamed carrots (¼ cup vegetable) ¼ cup diced apricots (¼ cup fruit) ¼ cup cooked brown rice (¼ cup cereal grain) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 oz roasted turkey breast (1 oz cooked lean meat) 1 Potato Patty I-04 <sup>2</sup> (½ oz cooked lean meat, ⅓ cup vegetable) ½ cup Tomato Pasta Soup H-06 <sup>2</sup> (¼ cup vegetable, ½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)



# MENUS FOR CHILD CARE



## Week 2 Menus, continued

<b>Snack</b> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ oz cheddar cheese (½ oz cheese) ½ cup apple slices (½ cup fruit) Water <sup>3</sup>	2 oz lowfat yogurt (2 oz yogurt) ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water <sup>3</sup>	1 piece Peach Muffin Squares A-16A <sup>2</sup> (1 slice bread) ½ cup 1% milk <sup>1</sup> (½ cup milk) Water <sup>3</sup>	1 Tbsp peanut butter <sup>4</sup> (1 Tbsp peanut butter) ½ slice whole wheat bread (½ slice bread) Water <sup>3</sup>	½ oz string cheese (½ oz cheese) ½ cup diced apricots (½ cup fruit) Water <sup>3</sup>
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<sup>1</sup>Nutritionists recommend serving whole milk for children ages 2 and younger and lowfat milk for children older than 2 years of age.

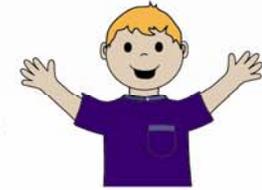
<sup>2</sup>USDA Recipes for Child Care. Available online at <http://www.nfsmi.org>.

<sup>3</sup>Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

<sup>4</sup>Sunflower butter may be substituted for peanut butter.



# MENUS FOR CHILD CARE



## Week 3 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup fresh cantaloupe cubes (½ cup fruit) ½ cinnamon roll (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh strawberries (½ cup fruit) ½ cup unsweetened cereal variety (½ cup dry cereal) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup grape juice with added vitamin C (½ cup fruit juice) ½ slice whole-grain toast with 1 Tbsp peanut butter <sup>2</sup> (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) 1 Oven-Baked Three-Grain Pancake A-06B <sup>3</sup> with 1 Tbsp reduced calorie syrup (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup diced peaches (½ cup fruit) 1 Banana Muffin A-04 <sup>3</sup> (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)
<b>Lunch or Supper</b> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	1 ½ oz hamburger patty half on ½ whole-grain bun (1 ½ oz cooked lean meat, ½ slice bread) ¼ cup shredded lettuce and tomato slice (¼ cup vegetable) ¼ cup pineapple wedges (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 ½ oz roasted chicken (1 ½ oz cooked poultry) ¼ cup baked, peeled sweet potato (¼ cup vegetable) ¼ cup green peas (¼ cup vegetable) ½ whole wheat roll (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 serving Meat Lasagna D-19 <sup>3</sup> (1 ½ oz cooked lean meat, ⅜ cup vegetable, ½ slice bread) ¼ cup fresh pear slices (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	2 pieces Fish Nuggets D-09A <sup>3</sup> (1 ½ oz cooked fish) ¼ cup green beans (¼ cup vegetable) ¼ cup cooked carrots (¼ cup vegetable) 1 piece Corn Muffin Squares A-02A <sup>3</sup> (¾ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 serving Mexican Chicken with Rice D-06A <sup>3</sup> (1 ½ oz cooked poultry, ½ slice bread) ¼ cup Mexicali Corn I-15 <sup>2</sup> (¼ cup vegetable) ¼ cup apple slices (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)



# MENUS FOR CHILD CARE



## Week 3 Menus, continued

<b>Snack</b> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ oz string cheese (½ oz cheese) ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water <sup>4</sup>	1 English muffin pizza (½ English muffin with ½ oz cheese and 2 Tbsp tomato sauce) (½ slice bread, ½ oz cheese) Water <sup>4</sup>	½ oz cheddar cheese (½ oz cheese) ½ cup lightly steamed carrots and broccoli <sup>5</sup> with 1 Tbsp lowfat salad dressing (½ cup vegetable) Water <sup>4</sup>	½ cup fresh orange sections (½ cup fruit) ¼ piece pita bread with <b>2 Tbsp hummus</b> (½ slice bread) Water <sup>4</sup>	1 piece Oatmeal Muffin Squares A-16 <sup>3</sup> (1 piece bread) ½ cup 1% milk <sup>1</sup> (½ cup milk) Water <sup>4</sup>
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<sup>1</sup>Nutritionists recommend serving whole milk for children ages 2 and younger and lowfat milk for children older than 2 years of age.

<sup>2</sup>*USDA Recipes for Child Care*. Available online at <http://www.nfsmi.org>.

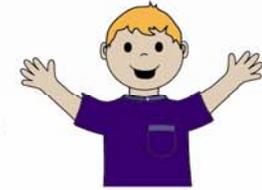
<sup>3</sup>Sunflower butter may be substituted for peanut butter.

<sup>4</sup>Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

<sup>5</sup>Lightly steaming carrots and broccoli may make them easier to eat for small children.



# MENUS FOR CHILD CARE

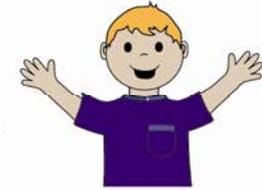


## Week 4 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup diced peaches (½ cup fruit) ¼ cup cooked oatmeal with 1 tsp brown sugar (¼ cup cooked cereal) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup grape juice with added vitamin C (½ cup fruit) 1 Blueberry Muffin A-03 <sup>2</sup> (1 ¼ slices bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup pineapple chunks (½ cup fruit) 1 Pancake A-12 <sup>2</sup> with 1 Tbsp reduced calorie syrup (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup orange sections (½ cup fruit) ½ Cut Biscuit using Master Mix A-09B <sup>2</sup> with 1 tsp margarine (¾ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh strawberries (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)
<b>Lunch or Supper</b> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	½ baked potato topped with 2 Tbsp Cheese Sauce C-07A <sup>2</sup> , ¾ oz diced ham, and ¼ cup steamed broccoli (½ cup vegetable, ¾ oz cooked lean meat, ¾ oz cheese) ½ whole wheat roll (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ Grilled Sandwich F-03 <sup>2</sup> (1 ¼ oz cooked lean meat, 1 slice bread) 2 oz lowfat yogurt (2 oz yogurt) ¼ cup butternut squash with cinnamon and sugar (¼ cup vegetable) ⅓ cup Waldorf Fruit Salad E-14 <sup>2</sup> (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 cup Beef-Vegetable Stew D-16 <sup>2</sup> (2 oz cooked lean meat, ½ cup vegetable) ¼ cup fresh pear slices (¼ cup fruit) 1 Corn Muffin A-02 <sup>2</sup> (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	Black bean and corn quesadilla with cheddar cheese (made with ½ tortilla, ⅛ cup black beans, ⅛ cup corn, and 1 oz cheddar cheese) 2 oz lowfat yogurt (2 oz yogurt) ¼ cup apple slices (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	2 pieces Chicken Nuggets D-09B <sup>2</sup> (1 ½ oz cooked poultry) ¼ cup diced apricots (¼ cup fruit) ¼ cup green beans (¼ cup vegetable) ½ whole wheat roll (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)



# MENUS FOR CHILD CARE



## Week 4 Menus, continued

<b>Snack</b> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ hard boiled egg ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water <sup>3</sup>	½ oz cheddar cheese (½ oz cheese) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) Water <sup>3</sup>	¾ cup Yogurt Fruit Dip G-04 <sup>2</sup> (½ oz cooked lean meat, ¼ cup fruit) ¼ cup apple slices (¼ cup fruit) Water <sup>3</sup>	½ Pineapple Scone A-01 <sup>2</sup> (¾ slice bread) ½ cup 1% milk <sup>1</sup> (½ cup milk) Water <sup>3</sup>	1 Tbsp peanut butter <sup>4</sup> (1 Tbsp peanut butter) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) Water <sup>3</sup>
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<sup>1</sup>Nutritionists recommend serving whole milk for children ages 2 and younger and lowfat milk for children older than 2 years of age.

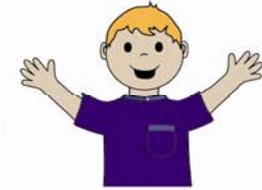
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# MENUS FOR CHILD CARE

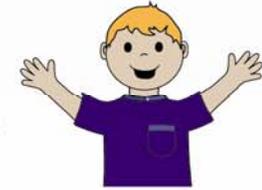


## Week 5 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup fresh orange sections (½ cup fruit) 1 piece Whole Wheat Muffin Squares A-11A <sup>1</sup> (1 slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup fresh strawberries (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup pineapple wedges (½ cup fruit) ½ whole-grain English muffin with 1 Tbsp fruit flavored cream cheese (1 slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup orange juice (½ cup fruit) ½ whole wheat toast with 1 tsp all-fruit spread (½ slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup diced pears (½ cup fruit) 1 piece Banana Bread Squares A-13 <sup>1</sup> (1 slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)
<b>Lunch or Supper</b> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	1 serving Beef and Rice Casserole D-07 <sup>1</sup> (1 ½ oz cooked lean meat, ¼ cup vegetable, ½ slice bread) ¼ cup green salad with 1 Tbsp lowfat salad dressing (¼ cup vegetable) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ Banana-Peanut Butter Sandwich <sup>3</sup> F-03A <sup>1</sup> (1 oz cooked lean meat, ⅛ cup fruit, 1 slice bread) 2 oz lowfat yogurt with ⅛ cup diced peaches (2 oz yogurt, ⅛ cup fruit) ¼ cup steamed carrots (¼ cup vegetable) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	1 ½ oz roasted chicken (1 ½ oz cooked lean meat) ¼ cup whole kernel corn (¼ cup vegetable) ¼ cup steamed broccoli (¼ cup vegetable) ½ whole wheat roll (½ slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	1 serving Oven Baked Fish D-09 <sup>1</sup> (1 ½ oz cooked fish) ¼ cup Baked Sweet Potatoes and Apples I-08 <sup>1</sup> (¼ cup vegetable and fruit) ¼ cup green beans (¼ cup vegetable) 1 Corn Muffin A-02 <sup>1</sup> (¾ slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	1 oz deli turkey with ¼ cup shredded lettuce and carrots and 1 tsp reduced fat ranch dressing in ½ pita pocket (1 oz cooked lean meat, ¼ cup vegetable), 1 slice bread ½ cup Broccoli Cheese Soup <sup>1</sup> H-05 (¾ oz cheese, ¼ cup vegetable) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)



# MENUS FOR CHILD CARE



## Week 5 Menus, continued

<p><b>Snack</b>                  Select two of the following:                  Meat or Meat Alternate                  Vegetable or Fruit or Juice                  Grains/Breads                  Milk</p>	<p>½ oz cottage cheese (½ oz cheese)                  ½ cup diced peaches (½ cup fruit)                  Water<sup>4</sup></p>	<p>2 oz lowfat yogurt (2 oz yogurt)                  1 fruit kebob with ¼ cup sliced strawberries and ¼ cup grapes cut in half (½ cup fruit)                  Water<sup>4</sup></p>	<p>½ oz graham crackers with 1 Tbsp peanut butter<sup>3</sup> (½ oz grains/breads, 1 Tbsp peanut butter)                  Water<sup>4</sup></p>	<p>½ oz cheese cubes (½ oz cheese)                  ¼ cup Carrot Raisin Salad E-05<sup>1</sup> (¼ cup vegetable and fruit)                  ¼ cup grape juice with added vitamin C (¼ cup fruit)                  Water<sup>4</sup></p>	<p>2 Tbsp Bean Dip G-02<sup>1</sup> with ¼ oz cheddar cheese (¼ oz cooked lean meat, ¼ oz cheese)                  ½ oz baked tortilla triangles (½ oz grains/breads)                  Water<sup>4</sup></p>
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<sup>1</sup>USDA Recipes for Child Care. Available online at <http://www.nfsmi.org>.

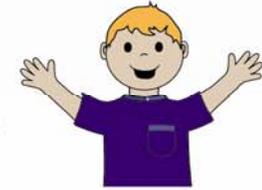
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# MENUS FOR CHILD CARE

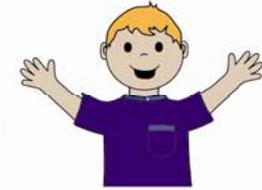


## Week 6 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup fresh orange sections (½ cup fruit) 1 biscuit with 1 tsp margarine (¾ slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup mixed fruit (½ cup fruit) 1 Blueberry Muffin A-03 <sup>3</sup> (1 ¼ slices bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup pineapple chunks (½ cup fruit) ½ English muffin with ½ scrambled egg and 1 Tbsp cheddar cheese (1 slice bread; ½ egg) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup banana slices (½ cup fruit) 1 Oven Baked Whole Wheat Pancake A-06 <sup>3</sup> with 1 Tbsp pumpkin butter (½ slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup fresh strawberries (½ cup fruit) ⅓ cup unsweetened cereal variety (⅓ cup dry cereal) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)
<b>Lunch or Supper</b> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	1 Bean Burrito D-21A <sup>3</sup> (2 oz cheese, ¼ cup vegetable, 1 slice of bread) ¼ cup apple slices (¼ cup fruit) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ Toasted Cheese and Tomato Sandwich F-09 <sup>3</sup> (1 oz cheese, ⅛ cup vegetable, 1 slice bread) ½ cup Chicken or Turkey Chowder H-01 <sup>3</sup> (¾ oz poultry, ⅛ cup vegetable) ¼ cup diced pears (¼ cup fruit) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	1 serving Beef-Turkey Loaf D-04 <sup>3</sup> (1 ½ oz cooked lean meat, ⅛ cup vegetable, ½ slice bread) ⅓ cup Orange Glazed Carrots I-12A <sup>3</sup> (¼ cup vegetable) ¼ cup steamed broccoli (¼ cup vegetable) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	⅓ cup Oven-Baked Parmesan Chicken D-05 <sup>3</sup> (1 ½ oz cooked poultry) ½ cup Corn Chowder H-03 <sup>3</sup> (¼ cup vegetable) ¼ cup green salad with 1 Tbsp shredded carrots and 1 Tbsp lowfat salad dressing (¼ cup vegetable) ½ whole wheat roll (½ slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ Barbecued Beef or Pork on a Roll F-08 <sup>3</sup> (1 ½ oz cooked lean meat, ⅛ cup vegetable, 1 slice bread) ¼ cup Cole Slaw E-09 <sup>3</sup> (¼ cup vegetable) ¼ cup diced peaches (¼ cup fruit) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)



# MENUS FOR CHILD CARE



## Week 6 Menus, continued

<b>Snack</b> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	2 oz lowfat yogurt (2 oz yogurt) ½ cup peach halves (½ cup fruit) Water <sup>4</sup>	2 Tbsp Dip for Fresh Vegetables E-15 <sup>3</sup> ½ cup lightly steamed carrots (½ cup vegetable) ½ oz graham crackers (½ oz grains/breads) Water <sup>4</sup>	½ oz cheddar cheese (½ oz cheese) ½ oz wheat crackers (½ oz grains/breads) Water <sup>4</sup>	½ slice whole wheat bread with 1/2 oz ham and 1 tsp mayonnaise (1/2 oz cooked lean meat, ½ slice bread) Water <sup>4</sup>	1 Banana Muffin A-04 <sup>3</sup> (1 slice bread) ½ cup 1% milk <sup>2</sup> (½ cup milk) Water <sup>4</sup>
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<sup>1</sup>Sunflower butter may be substituted for peanut butter.

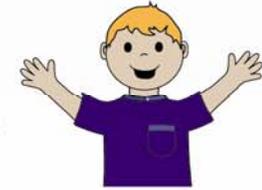
<sup>2</sup>Nutritionists recommend serving whole milk for children ages 2 and younger and lowfat milk for children older than 2 years of age.

<sup>3</sup>USDA Recipes for Child Care. Available online at <http://www.nfsmi.org>.

<sup>4</sup>Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.



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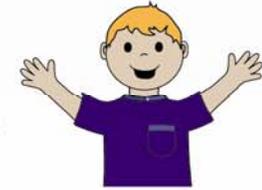


## Week 7 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup fresh strawberries (½ cup fruit) ½ whole grain waffle with 1 Tbsp reduced calorie syrup and 1 tsp margarine (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup diced peaches (½ cup fruit) 1 Pancake A-12 <sup>3</sup> with 1 Tbsp reduced calorie syrup (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup diced pears (½ cup fruit) 1/2 English muffin with 1 Tbsp fruit flavored cream cheese (1/2 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup grapes cut in half (½ cup fruit) ½ slice French toast with 1 Tbsp reduced calorie syrup (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) ¼ cup oatmeal with <b>1 Tbsp raisins</b> (¼ cup cooked cereal) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)
<b>Lunch or Supper</b> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	1 cup Chicken and Noodles D-17 <sup>3</sup> (2 oz cooked poultry, 1 slice bread) ¼ cup Vegetable Medley I-02 <sup>3</sup> (¼ cup vegetable) ¼ cup pineapple wedges (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup Bean Soup H-08 <sup>3</sup> with ½ oz shredded cheddar cheese (1 oz cooked lean meat, ⅛ cup vegetable, ½ oz cheese) ¼ cup steamed broccoli (¼ cup vegetable) ¼ cup apricot halves (¼ cup fruit) ½ oz whole-grain crackers (½ oz grains/breads) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 piece Macaroni and Cheese with Ham D-20A <sup>3</sup> (1 ½ oz cooked lean meat, 1 ½ slices bread) ¼ cup baked, peeled sweet potato (¼ cup vegetable) ¼ cup apple slices (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	2 pieces Mexican Pizza D-13 <sup>3</sup> (1 ½ oz cooked lean meat, ⅛ cup vegetable, ½ slice bread) ¼ cup Mexicali Corn I-15 <sup>3</sup> (¼ cup vegetable) ¼ cup green salad with 1 Tbsp lowfat salad dressing (¼ cup vegetable) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ Cheese Ribbon Sandwich F-05 <sup>3</sup> (1 oz cheese, 1 slice bread) 2 oz lowfat yogurt (2 oz yogurt) ¼ cup peas and carrots (¼ cup vegetable) ¼ cup orange sections (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)



# MENUS FOR CHILD CARE



## Week 7 Menus, continued

<b>Snack</b> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ oz cheddar cheese (½ oz cheese) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) Water <sup>4</sup>	½ slice whole wheat bread with ½ oz American cheese, toasted (½ slice bread, ½ oz cheese) Water <sup>4</sup>	2 oz lowfat yogurt (2 oz yogurt) ½ cup fresh orange sections (½ cup fruit) Water <sup>4</sup>	1 piece Oatmeal Muffin Squares A-16 <sup>3</sup> (1 piece bread) ½ cup 1% milk <sup>1</sup> (½ cup milk) Water <sup>4</sup>	1 Tbsp peanut butter <sup>2</sup> (1 Tbsp peanut butter) ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water <sup>4</sup>
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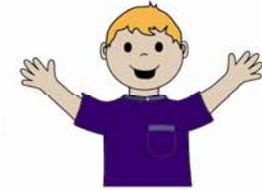
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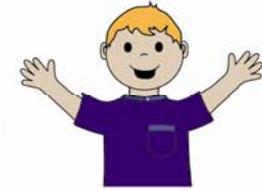


## Week 8 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup diced peaches (½ cup fruit) 1 Applesauce Pancake A-05 <sup>1</sup> with 1 Tbsp reduced calorie syrup (1 slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup grape juice with added vitamin C (½ cup fruit) 1 Peach Muffin Squares A-16A <sup>1</sup> (1 ¼ slices bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup pineapple chunks (½ cup fruit) 1 biscuit with 1 tsp jam (1 slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup orange sections (½ cup fruit) ½ slice whole wheat toast with ½ oz cheese (½ slice bread, ½ oz cheese) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup fresh strawberries (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)
<b>Lunch or Supper</b> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	1 piece Chicken Pot Pie D-11 <sup>1</sup> (1 ½ oz cooked lean meat, ¼ cup vegetable, 1 ¾ slices bread) ¼ cup apple slices (¼ cup fruit) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	2 Bean Tacos D-24A <sup>1</sup> (2 oz cooked lean meat, ½ cup vegetable, 1 slice bread) ¼ cup fresh pear slices (¼ cup fruit) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	1 ½ oz baked chicken strips (1 ½ oz cooked lean meat) ¼ cup whole kernel corn (¼ cup vegetable) ¼ cup grapes cut in half (¼ cup fruit) ½ cup Macaroni Salad E-10 <sup>1</sup> (1 slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup Chili con Carne D-25 <sup>1</sup> (2 oz cooked lean meat, ⅜ cup vegetable) ¼ cup apple slices (¼ cup fruit) 1 Corn Muffin Square A-02A <sup>1</sup> (¾ slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ peanut butter <sup>3</sup> and jelly sandwich on whole wheat bread (1 Tbsp peanut butter, 1 slice bread) 4 oz lowfat yogurt (4 oz yogurt) 1 piece Broccoli Soufflé I-07 <sup>1</sup> (¼ cup vegetable) ¼ cup apple slices (¼ cup fruit) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)



# MENUS FOR CHILD CARE



## Week 8 Menus, continued

<b>Snack</b> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	2 oz lowfat yogurt (2 oz yogurt) 1/2 oz graham crackers (2 crackers) 1/2 oz grains/breads Water <sup>4</sup>	1/2 cup grapes cut in half (1/2 cup fruit) 1 granola bar (1/2 oz grains/breads) Water <sup>4</sup>	1/2 oz string cheese (1/2 oz cheese) 1/2 cup apple slices (1/2 cup fruit) Water <sup>4</sup>	1 Blueberry Muffin Square A-16B <sup>1</sup> (1 slice bread) 1/2 cup 1% milk <sup>2</sup> (1/2 cup milk) Water <sup>4</sup>	1/2 oz cheddar cheese (1/2 oz cheese) 1/2 oz wheat crackers (4 crackers) 1/2 oz grains/breads Water <sup>4</sup>
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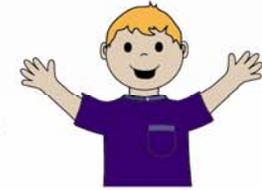
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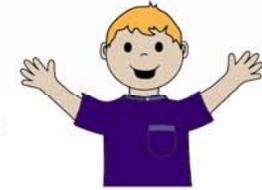


## Week 9 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup diced pears (½ cup fruit) ½ English muffin with <b>1 Tbsp fruit flavored cream cheese</b> (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh strawberries and banana slices (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup apple slices (½ cup fruit) 1 piece Baked Scrambled Eggs D-15 <sup>2</sup> (1 large egg) ½ biscuit with 1 tsp margarine (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup diced peaches (½ cup fruit) 1 Pancake using Master Mix (A-15) A-12A <sup>2</sup> with 1 Tbsp pumpkin butter (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup cantaloupe cubes (½ cup fruit) ½ slice whole wheat toast with all-fruit spread (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)
<b>Lunch or Supper</b> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	¼ Quick Baked Potato I-17 <sup>2</sup> stuffed with ½ oz cheddar cheese and 2 Tbsp black beans (¼ cup vegetable, ½ oz cheese, ⅓ cup cooked dry beans) ½ cup Beef Vegetable Soup H-11A <sup>2</sup> (½ oz cooked lean meat, ¼ cup vegetable) 1 Corn Muffin Square A-02A <sup>2</sup> (¾ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	¾ cup Pork Stir-Fry D-18B <sup>2</sup> (2 oz cooked lean meat, ⅝ cup vegetable) ¼ cup brown rice (¼ cup cooked grain) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	⅓ cup Oven-Baked Parmesan Chicken D-05 <sup>2</sup> (1 ½ oz cooked poultry) ¼ cup steamed spinach (¼ cup vegetable) 1 piece Pumpkin Pudding B-07 <sup>2</sup> (¼ cup vegetable) ½ whole wheat roll (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ peanut butter <sup>3</sup> and jam sandwich (1 Tbsp peanut butter, 1 slice bread) 4 oz lowfat yogurt (4 oz yogurt) ¼ cup steamed broccoli (¼ cup vegetable) ¼ cup apple slices (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ pita bread pizza with 1 oz mozzarella cheese, ½ oz ham, and 2 Tbsp tomato sauce (1 oz cooked lean meat, ½ oz cheese, 1 slice bread) ¼ cup peas and carrots (¼ cup vegetable) ¼ cup diced pears (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)



# MENUS FOR CHILD CARE



## Week 9 Menus, continued

<b>Snack</b> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ oz mozzarella cheese (½ oz cheese) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) Water <sup>4</sup>	½ cup banana slices dipped in 1 Tbsp peanut butter <sup>3</sup> and sprinkled with 1 Tbsp granola (½ cup fruit, 1 Tbsp peanut butter) Water <sup>4</sup>	½ pita pocket with ½ oz melted cheddar cheese (1 slice bread, ½ oz cheese) Water <sup>4</sup>	½ cup apricot halves (½ cup fruit) ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water <sup>4</sup>	1 piece Banana Bread Squares A-13 <sup>2</sup> (1 slice bread) ½ cup 1% milk <sup>1</sup> (½ cup milk) Water <sup>4</sup>
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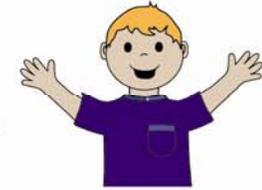
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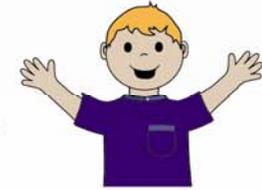


## Week 10 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup orange juice (½ cup fruit) 1 piece Blueberry Muffin Squares A-16B <sup>1</sup> (1 slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup cubed watermelon (½ cup fruit) 1 pancake with 1 Tbsp reduced calorie syrup (1 slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup diced peaches (½ cup fruit) ¼ cup oatmeal with 1 Tbsp raisins (¼ cup cooked cereal) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) ½ biscuit with 1 tsp margarine (¾ slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup fresh strawberries (½ cup fruit) ½ slice French toast with 1 Tbsp reduced calorie syrup (1 slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)
<b>Lunch or Supper</b> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	1 piece black bean pizza on French bread with 1 oz mozzarella cheese, 2 Tbsp black beans, 2 Tbsp tomato sauce, and 1 Tbsp black olives (1 slice bread, 1 oz cheese, ⅛ cup cooked dry beans, ⅛ cup vegetable) ¼ cup lettuce with 2 Tbsp shredded carrots and 1 tsp reduced fat dressing (⅜ cup vegetable) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	1 ½ oz roasted turkey (1 ½ oz cooked lean meat) ¼ cup baked sweet potato, peeled (¼ cup vegetable) ¼ cup green peas (¼ cup vegetable) ⅓ cup Bread Stuffing A-14 <sup>1</sup> (1 ½ slices bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup Chicken or Turkey Rice Soup H-10A <sup>1</sup> (½ oz cooked poultry, ¼ slice bread) 1 half Deviled Egg D-02 <sup>1</sup> (1 oz cooked lean meat) ¼ cup steamed carrots (¼ cup vegetable) ¼ cup apple slices (¼ cup fruit) ¼ oz wheat crackers (2 crackers) (¼ oz grains/breads) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	2 Beef or Pork Tacos D-24 <sup>1</sup> (2 oz cooked lean meat, ½ cup vegetable, 1 slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	¾ cup Stir-Fry Chicken D-18 <sup>1</sup> (2 oz cooked lean meat, ⅝ cup vegetable) ¼ cup brown rice (¼ cup cooked grain) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)



# MENUS FOR CHILD CARE



## Week 10 Menus, continued

<b>Snack</b> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	1 Tbsp peanut butter <sup>3</sup> (1 Tbsp peanut butter) ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water <sup>4</sup>	½ oz cottage cheese (½ oz cheese) ½ cup pineapple rings (½ cup fruit) Water <sup>4</sup>	1 piece Peach Muffin Squares A-16A <sup>2</sup> (1 ¼ slices bread) ½ cup 1% milk <sup>2</sup> (½ cup milk) Water <sup>4</sup>	½ oz cheddar cheese cubes (½ oz cheese) ½ cup grapes cut in half (½ cup fruit) Water <sup>4</sup>	Yogurt parfait with 2 oz lowfat yogurt, ½ cup strawberries and blueberries, and 1 Tbsp granola (2 oz yogurt, ½ cup fruit) Water <sup>4</sup>
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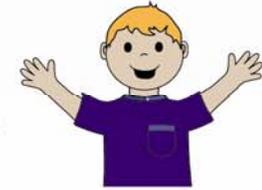
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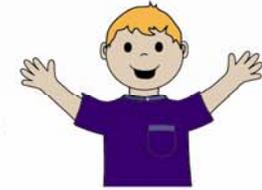


## Week 11 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup apple slices (½ cup fruit) ½ Cut Biscuit Using Master Mix (A-15) A-09B <sup>1</sup> with 1 tsp margarine (¾ slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup fresh kiwi slices (½ cup fruit) ½ slice whole-grain toast with ½ oz cheddar cheese (½ slice bread, ½ oz cheese) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup fresh strawberries (½ cup fruit) ½ whole-grain waffle with 1 tsp margarine and 1 Tbsp reduced calorie syrup (1 slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup pineapple chunks (½ cup fruit) 1 Banana Muffin A-04 <sup>1</sup> (1 slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup orange juice (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)
<b>Lunch or Supper</b> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	½ Egg Salad Sandwich F-10 <sup>1</sup> (1 oz cooked lean meat, 1 slice bread) 2 oz lowfat yogurt (2 oz yogurt) ¼ cup diced peaches (¼ cup fruit) ¼ cup carrot sticks (¼ cup vegetable) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	¾ cup Beef and Spaghetti Casserole D-03 <sup>1</sup> (1 ½ oz cooked lean meat, ¼ cup vegetable, ½ slice bread) ½ cup fresh pear slices (½ cup fruit) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	1 piece Corn Pudding I-11 <sup>1</sup> (½ oz cooked lean meat, ¼ cup vegetable, ¼ slice bread) ¼ cup pinto beans (¼ cup cooked dry beans) ¼ cup orange sections (¼ cup fruit) ¼ cup brown rice (¼ cup cooked grain) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	⅔ cup Macaroni and Ham Salad E-10A <sup>1</sup> (1 oz cooked lean meat, 1 slice bread) 2 oz lowfat yogurt with ¼ cup diced peaches (2 oz yogurt, ¼ cup fruit) ¼ cup peas and carrots (¼ cup vegetable) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	2 pieces Chicken Nuggets D-09B <sup>1</sup> (1 ½ oz cooked poultry) with 3 ⅓ Tbsp Fruity Dipping Sauce C-02 <sup>1</sup> (⅓ cup fruit) ¼ cup shredded lettuce with 2 Tbsp shredded carrots and 1 tsp reduced fat dressing (⅓ cup vegetable) 1 piece Corn Muffin Squares A-02A <sup>1</sup> (¾ slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)



# MENUS FOR CHILD CARE



## Week 11 Menus, continued

<b>Snack</b> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ oz cheddar cheese (½ oz cheese) ½ cup carrot sticks and broccoli trees <sup>3</sup> with 1 Tbsp reduced fat ranch dressing (½ cup vegetable) Water <sup>4</sup>	½ hard boiled egg (½ egg) ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water <sup>4</sup>	1 pumpkin mini-muffin (½ slice bread) ½ cup 1% milk <sup>1</sup> (½ cup milk) Water <sup>4</sup>	2 oz lowfat yogurt (2 oz yogurt) 1 fruit kebob with ¼ cup pineapple and ¼ cup apple cubes (½ cup fruit) Water <sup>4</sup>	1 Tbsp peanut butter <sup>5</sup> (1 Tbsp peanut butter) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) Water <sup>4</sup>
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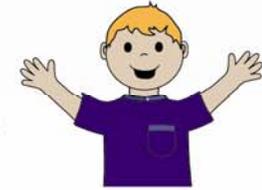
<sup>3</sup>Lightly steaming carrots and broccoli may make them easier to eat for small children.

<sup>4</sup>Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

<sup>5</sup>Sunflower butter may be substituted for peanut butter.



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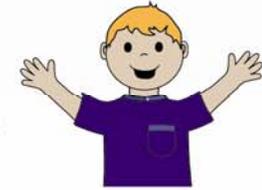


## Week 12 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup fresh banana slices (½ cup fruit) 1 Oven-Baked Whole Wheat Pancake A-06A <sup>1</sup> with 1 Tbsp reduced calorie syrup (1 slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup diced pears (½ cup fruit) ¼ cup Cream of Wheat® with 1 tsp brown sugar (¼ cup cooked cereal) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup grape juice with added vitamin A (½ cup fruit) ½ slice whole wheat toast with 1 tsp all-fruit spread (½ slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup fresh strawberries (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup apricot halves (½ cup fruit) ½ English muffin with 1 Tbsp peanut butter <sup>3</sup> (1 slice bread, 1 Tbsp peanut butter) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)
<b>Lunch or Supper</b> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Chicken and black bean quesadilla with 1 oz chicken, 1 Tbsp black beans, and ½ oz Monterey jack cheese (1 oz cooked lean meat, ½ oz cheese, ½ slice bread) ¼ cup whole kernel corn (¼ cup vegetable) ¼ cup fresh pear slices (¼ cup fruit) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	1 serving Tuna Melt F-01 <sup>1</sup> (1 ½ oz cooked lean meat, 1 slice bread) ¼ cup Sesame Broccoli I-03 <sup>1</sup> (¼ cup vegetable) ¼ cup diced peaches (¼ cup fruit) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	1 piece Glazed Meat Loaf D-04A <sup>1</sup> (1 ½ oz cooked lean meat, ⅛ cup vegetable, ½ slice bread) ¼ cup Mashed Potatoes I-01 <sup>1</sup> (¼ cup vegetable) ¼ cup green beans (¼ cup vegetable) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	1 slice Broccoli Quiche D-08 <sup>1</sup> (1 ½ oz cooked lean meat, ¼ cup vegetable, 2 slices bread) ¼ cup apple slices (¼ cup fruit) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ Chicken Barbeque Sandwich F-02 <sup>1</sup> (1 ½ oz cooked poultry, ⅛ cup vegetable, 1 slice bread) ¼ cup Orange-Glazed Sweet Potatoes I-12 <sup>1</sup> (¼ cup vegetable) ¼ cup grapes (¼ cup fruit) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)



# MENUS FOR CHILD CARE



## Week 12 Menus, continued

<b>Snack</b> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ oz string cheese (½ oz cheese) ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water <sup>4</sup>	2 Tbsp Peanut Butter <sup>3</sup> Dip G-01 <sup>1</sup> (1 ½ Tbsp peanut butter) ½ cup apple slices (½ cup fruit) Water <sup>4</sup>	½ oz cheddar cheese (½ oz cheese) ½ cup carrot and celery sticks with 1 Tbsp reduced fat ranch dressing (½ cup vegetable) Water <sup>4</sup>	2 oz lowfat fruit yogurt (2 oz yogurt) ½ cup pineapple chunks (½ cup fruit) Water <sup>4</sup>	½ English muffin pizza with ½ oz mozzarella cheese and 2 Tbsp tomato sauce (1 slice bread, ½ oz cheese) Water <sup>4</sup>
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<sup>1</sup>Nutritionists recommend serving whole milk for children ages 2 and younger and lowfat milk for children older than 2 years of age.

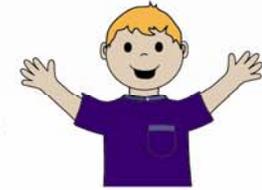
<sup>2</sup>USDA Recipes for Child Care. Available online at <http://www.nfsmi.org>.

<sup>3</sup>Sunflower butter may be substituted for peanut butter.

<sup>4</sup>Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.



# MENUS FOR CHILD CARE

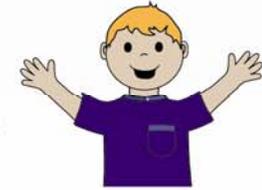


## Week 13 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup diced peaches (½ cup fruit) ½ slice whole wheat toast with 1 tsp all-fruit spread (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh apple slices (½ cup fruit) ½ whole-grain waffle with 1 tsp margarine and 1 Tbsp reduced calorie syrup (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh watermelon cubes (½ cup fruit) ½ biscuit with 1 tsp margarine (¾ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup diced pears (½ cup fruit) ½ slice French toast with 1 Tbsp reduced calorie syrup (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh strawberries and banana slices (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)
<b>Lunch or Supper</b> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	1 Pizzaburger F-06 <sup>2</sup> (2 oz cooked lean meat, ⅛ cup vegetable, 1 slice bread) ¼ cup lettuce with 2 Tbsp shredded carrots and 1 tsp reduced fat dressing (⅜ cup vegetable) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 ½ oz roasted chicken (1 ½ oz cooked poultry) 1 piece Potatoes with Vegetables I-01A <sup>2</sup> (½ cup vegetable) ½ whole wheat roll (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 piece Oven-Baked Fish D-09 <sup>2</sup> (1 ½ oz fish) ¼ cup Baked Sweet Potatoes and Apples I-08 <sup>2</sup> (¼ cup vegetable and fruit) ¼ cup fresh grapes cut in half (¼ cup fruit) 1 Corn Muffin Square A-02A <sup>2</sup> (¾ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 Beef or Pork Burrito D-21 <sup>2</sup> (2 oz cooked lean meat, ¼ cup vegetable, 1 slice bread) ¼ cup steamed broccoli (¼ cup vegetable) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	¼ roasted turkey sandwich (½ oz cooked lean meat, ½ slice bread) ½ cup Split Pea Soup H-02 <sup>2</sup> (1 oz cooked lean meat, ⅛ cup vegetable) ¼ cup carrot sticks (¼ cup vegetable) ¼ cup pineapple tidbits (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)



# MENUS FOR CHILD CARE



## Week 13 Menus, continued

<b>Snack</b> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	2 oz lowfat yogurt (2 oz yogurt) ½ cup diced apricots (½ cup fruit) Water <sup>3</sup>	½ oz string cheese (½ oz cheese) ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water <sup>3</sup>	1 pumpkin mini muffin (½ slice bread) ½ cup 1% milk <sup>1</sup> (½ cup milk) Water <sup>3</sup>	½ hard boiled egg (½ egg) ½ cup fresh banana slices (½ cup fruit) Water <sup>3</sup>	2 Tbsp Peanut Butter <sup>4</sup> Dip G-01 <sup>2</sup> (1 ½ Tbsp peanut butter) ½ cup fresh apple slices (½ cup fruit) Water <sup>3</sup>
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<sup>3</sup>Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

<sup>4</sup>Sunflower butter may be substituted for peanut butter.



# MENUS FOR CHILD CARE

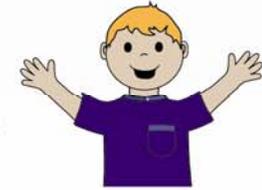


## Week 14 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup fresh strawberries (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh cubed cantaloupe (½ cup fruit) ¼ cup oatmeal with <b>1 Tbsp raisins</b> (¼ cup cooked cereal) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup diced pineapple tidbits (½ cup fruit) ½ slice whole-grain toast with <b>1 Tbsp peanut butter<sup>2</sup></b> (½ slice bread, <b>1 Tbsp peanut butter</b> ) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh orange sections (½ cup fruit) ½ biscuit with 1 tsp margarine (¾ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) 1 Applesauce Pancake A-05 <sup>3</sup> with 1 Tbsp reduced calorie syrup (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)
<b>Lunch or Supper</b> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	¼ cup Sweet-and-Sour Chicken D-06 <sup>3</sup> (1 oz cooked lean meat) ¾ cup Not Fried Rice E-08 <sup>3</sup> (½ oz cooked lean meat, ⅛ cup vegetable, ½ slice bread) ¼ cup steamed carrots (¼ cup vegetable) ¼ cup fresh pear slices (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 slice Spanish Quiche D-08A <sup>3</sup> (1 ½ oz cooked lean meat, ¼ cup vegetable, 2 slices bread) ¼ cup fresh orange sections (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 English muffin pizza with ½ whole-grain English muffin, 1 oz mozzarella cheese, and 2 Tbsp tomato sauce (1 oz cheese, ⅛ cup vegetable, 1 slice bread) ¼ cup Three Bean Salad E-04 <sup>3</sup> (¼ cup vegetable) 2 oz yogurt with ⅛ cup peaches (2 oz yogurt, ⅛ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 ½ oz lean ham (1 ½ oz cooked lean meat) ¼ cup steamed zucchini with <b>1 Tbsp Parmesan cheese</b> (¼ cup vegetable) ¼ cup fresh apple slices (¼ cup fruit) ½ cup Macaroni Salad E-10 <sup>3</sup> (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	¾ cup 1 Tbsp Beef Stir-Fry D-18A <sup>3</sup> (2 oz cooked lean meat, ⅝ cup vegetable) ¼ cup brown rice (¼ cup cooked grain) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)



# MENUS FOR CHILD CARE



## Week 14 Menus, continued

<b>Snack</b> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	1 piece Blueberry Muffin Squares A-16B <sup>3</sup> (1 slice bread) ½ cup 1% milk <sup>2</sup> (½ cup milk) Water <sup>4</sup>	½ oz cheddar cheese (½ oz cheese) ½ cup mixed fruit, in light syrup (½ cup fruit) Water <sup>4</sup>	½ hard boiled egg (½ egg) ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water <sup>4</sup>	1 granola bar (½ oz grains/breads) ½ cup 1% milk <sup>1</sup> (½ cup milk) Water <sup>4</sup>	½ cup fresh grapes cut in half (½ cup fruit) ½ oz pretzels (½ oz grains/breads) Water <sup>4</sup>
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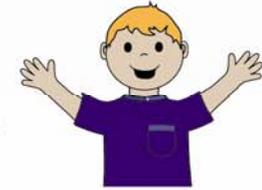
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# MENUS FOR CHILD CARE

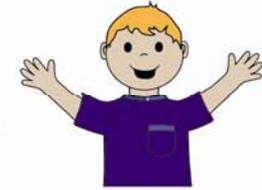


## Week 15 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup orange juice (½ cup fruit) 1 Banana Muffin A-04 <sup>2</sup> (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup pineapple tidbits (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) ½ Cut Biscuit Using Master Mix (A-15) A-09B <sup>2</sup> with 1 tsp margarine (¾ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup diced apricots (½ cup fruit) 1 pancake with 1 Tbsp reduced calorie syrup (1 slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup fresh strawberries (½ cup fruit) ½ slice French toast with 1 Tbsp reduced calorie syrup (½ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)
<b>Lunch or Supper</b> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	½ Tuna Patty D-10 <sup>2</sup> (1 ½ oz cooked lean meat, ½ slice bread) ½ cup Minestrone H-12 <sup>2</sup> (¼ cup vegetable) ¼ cup steamed broccoli and carrots (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 portion Oven Bake Chicken D-29 <sup>2</sup> (2 oz cooked lean meat, ½ slice bread) ¼ cup steamed spinach with 1 tsp cheddar cheese (¼ cup vegetable) ¼ cup fresh apple slices (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ peanut butter <sup>3</sup> and jam sandwich on whole wheat bread (1 Tbsp peanut butter, 1 slice bread) ¼ cup peas and carrots (¼ cup vegetable) ¼ cup mixed fruit, in light syrup (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	1 piece Glazed Meat Loaf D-04A <sup>2</sup> (2 oz cooked lean meat, ⅛ cup vegetable, ½ slice bread) ¼ cup mashed sweet potatoes (¼ cup vegetable) ¼ cup fresh pear slices (¼ cup fruit) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)	½ cup Chicken or Turkey Chowder H-01 <sup>2</sup> topped with ½ oz shredded cheddar cheese (¾ oz cooked poultry, ⅛ cup vegetable, ½ oz cheese) 2 oz lowfat yogurt with ⅜ cup diced peaches (2 oz yogurt, ⅜ cup fruit) 1 Corn Muffin Square A-02A <sup>2</sup> (¾ slice bread) ¾ cup 1% milk <sup>1</sup> (¾ cup milk)



# MENUS FOR CHILD CARE



## Week 15 Menus, continued

<p><b>Snack</b>                  Select two of the following:                  Meat or Meat Alternate                  Vegetable or Fruit or Juice                  Grains/Breads                  Milk</p>	<p>½ turkey sandwich on whole wheat bread (½ oz cooked lean meat, 1 slice bread)                  Water<sup>4</sup></p>	<p>2 oz lowfat yogurt (2 oz yogurt)                  ½ cup fresh grapes cut in half (½ cup fruit)                  Water<sup>4</sup></p>	<p>½ oz string cheese (½ oz cheese)                  ½ oz wheat crackers (4 crackers) (½ oz grains/breads)                  Water<sup>4</sup></p>	<p>1 blueberry mini-muffin (½ slice bread)                  ½ cup 1% milk<sup>1</sup> (½ cup milk)                  Water<sup>4</sup></p>	<p>½ toasted English muffin with ½ oz mozzarella cheese (½ oz cheese, 1 slice bread)                  Water<sup>4</sup></p>
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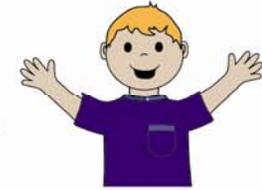
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# MENUS FOR CHILD CARE

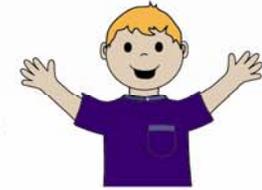


## Week 16 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup fresh banana slices (½ cup fruit) 1 Oven-Baked Three Grain Pancake A-06B <sup>1</sup> with 1 Tbsp reduced calorie syrup (1 slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup fresh plum slices (½ cup fruit) ½ English muffin with 1 Tbsp fruit flavored cream cheese (1 slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup fresh grapes cut in half (½ cup fruit) ½ slice whole-grain toast (½ slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ oz diced peaches (½ cup fruit) ¼ cup Cream of Wheat® (¼ cup cooked cereal) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup fresh strawberries (½ cup fruit) ⅓ cup unsweetened cereal variety (⅓ cup dry cereal) 1 serving Baked Scrambled Eggs D-15 <sup>1</sup> (1 large egg) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)
<b>Lunch or Supper</b> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	⅔ cup Ground Beef and Spanish Rice D-22 <sup>1</sup> (1 ½ oz cooked lean meat, ¼ cup vegetable, ¾ slice bread) ¼ cup acorn or butternut squash with cinnamon and sugar (¼ cup vegetable) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ cup Chicken or Turkey Salad E-07 <sup>1</sup> on whole wheat bread (2 oz cooked poultry, 1 slice bread) ¼ cup steamed broccoli (¼ cup vegetable) ¼ cup apricot halves (¼ cup fruit) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	1 piece Macaroni and Cheese D-20 <sup>1</sup> (1 ½ oz cheese, 1 ½ slices bread) ¼ cup shredded lettuce and carrots and 1 tsp reduced fat dressing (¼ cup vegetable) ¼ cup fresh pear slices (¼ cup fruit) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	1 piece Vegetable Frittata D-01 <sup>1</sup> (1 ½ oz cooked lean meat, ¼ cup vegetable) ¼ cup fresh banana slices (¼ cup fruit) 1 Corn Muffin A-02 <sup>1</sup> (¾ slice bread) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)	½ grilled cheese sandwich on whole wheat bread (1 oz cheese, 1 slice bread) ½ cup Lentil Soup H-07 <sup>1</sup> (½ oz cooked lean meat, ¼ cup vegetable) ¼ cup fresh apple slices (¼ cup fruit) ¾ cup 1% milk <sup>2</sup> (¾ cup milk)



# MENUS FOR CHILD CARE



## Week 16 Menus, continued

<b>Snack</b> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ oz string cheese (½ oz cheese) ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water <sup>3</sup>	1 Tbsp peanut butter <sup>4</sup> (1 Tbsp peanut butter) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) Water <sup>3</sup>	½ cup carrot and celery sticks with 1 Tbsp reduced fat ranch dressing (½ cup vegetable) ½ toasted whole-grain English muffin (1 slice bread) Water <sup>3</sup>	2 oz lowfat fruit yogurt (2 oz yogurt) ½ cup pineapple chunks (½ cup fruit) Water <sup>3</sup>	½ cup fresh orange sections (½ cup fruit) 1 Whole Wheat Muffin Square A-11A <sup>1</sup> (1 slice bread) Water <sup>3</sup>
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