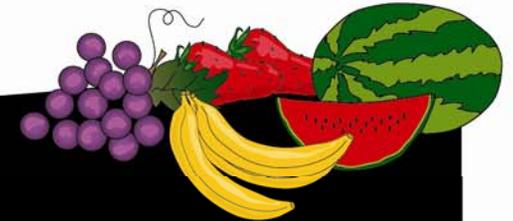
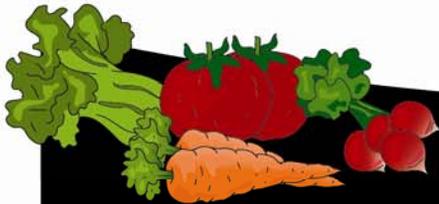




Menus for Child Care





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), 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. Readers should consider any state and/or local requirements when planning menus for children.

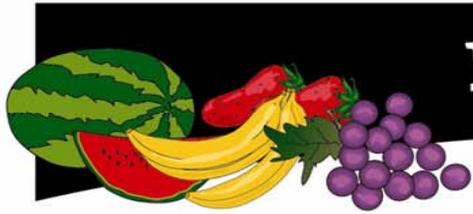
Menus were analyzed for major nutrients using Nutritionist Pro™ (version 3.0.30, 2007, Axxya Systems LLC, Stafford, TX). Weekly averages for the nutrients are presented.

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.





Menus for Child Care



Week 1 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Juice or Fruit or Vegetable Grains/Breads Milk	½ cup pear halves (½ cup fruit) ½ slice whole wheat toast with ½ oz reduced fat cheddar cheese, melted (½ slice of bread, ½ oz cheese) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup applesauce (½ cup fruit) ½ Cut Biscuit Using Master Mix A-09B ² (¾ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup warm grapefruit wedges with 1 Tbsp brown sugar (½ cup fruit) ¼ cup cooked oatmeal with 1 Tbsp raisins (¼ cup cooked cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup orange fresh sections (½ cup fruit) ½ cinnamon roll (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup diced peaches, in extra light syrup, drained (½ cup fruit) 1 blueberry pancake with 1 Tbsp reduced calorie pancake syrup (1 slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)
Lunch or Supper Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	⅓ cup Oven-Baked Parmesan Chicken D-05 ² (1 ½ oz cooked poultry) ¼ cup steamed broccoli (¼ cup vegetable) ¼ cup fresh apple slices (¼ cup fruit) ½ whole wheat roll (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	1 Bean Burrito D-21A ² (2 oz equivalent cooked lean meat, ¼ cup vegetable, 1 slice of bread) ¼ cup diced peaches, in extra light syrup, drained (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	⅜ cup Sweet-and-Sour Chicken D-06 ² (1 ½ oz cooked poultry) ¼ cup boiled carrots (¼ cup vegetable) ¼ cup fresh orange sections (¼ cup fruit) ¼ cup cooked rice (¼ cup cereal grain) ¾ cup 1% milk ¹ (¾ cup milk)	1 piece Macaroni and Cheese D-20 ² (1 ½ oz meat/meat alternate, 1 ½ slices of bread) ¼ cup peas and carrots (¼ cup vegetable) ¼ cup tropical fruit salad (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 serving (½ pita) Pizza-in-a-Pocket F-04 ² (¾ oz cooked lean meat, ⅛ cup vegetable, 1 slice of bread) ¼ cup green salad green salad with 1 Tbsp lowfat salad dressing (¼ cup vegetable) ¼ cup apricot halves (¼ cup fruit) 4 oz lowfat yogurt (4 oz yogurt) ¾ cup 1% milk ¹ (¾ cup milk)





Menus for Child Care

Week 1 Menus, continued

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 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 oz graham cracker sticks (2 crackers) Water ³	½ toasted mini bagel with ½ oz reduced fat cheddar cheese (½ slice of bread; ½ oz cheese) Water ³	½ cup fresh carrot sticks ⁴ with 1 Tbsp lowfat ranch dressing (½ cup vegetable) ½ oz wheat crackers (4 crackers) Water ³	½ oz reduced fat cheddar cheese and ½ oz crackers (4 crackers) Water ³	½ cup fresh apple slices with 1 Tbsp peanut butter and 1 Tbsp raisins ⁵ (½ cup fruit, 1 Tbsp peanut butter) ½ cup 1% milk ¹ (½ cup milk) Water ³

¹Nutritionists recommend serving whole milk for ages 1 and 2 and reduced fat milk for ages 3-5.

²USDA Recipes for Child Care. Available online at www.nfsmi.org.

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

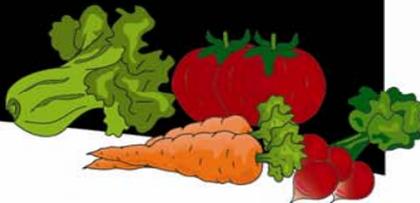
⁴Lightly steaming carrots may make them easier to eat for small children.

⁵Sunflower butter may be substituted for peanut butter. Remember that raisins can be a choking hazard for young children.





Menus for Child Care



Week 2 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup fresh banana slices (½ cup fruit) ⅓ cup unsweetened cereal variety (⅓ cup dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup pineapple tidbits (½ cup fruit) 1 serving Baked Scrambled Eggs D-15² (1 large egg) ½ slice whole wheat toast (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup diced fresh strawberries in 2 oz vanilla yogurt (½ cup fruit, 2 oz yogurt) ¼ cup cooked oatmeal (¼ cup cooked cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup mixed fruit, in light syrup, drained (½ cup fruit) ½ Cut Biscuit Using Master Mix A-09B ² (¾ slice of bread) ½ oz ham slice (½ oz lean meat) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh peach slices (½ cup fruit) 1 Oven Baked Three Grain Pancake A-06B ² with 1 Tbsp reduced calorie pancake syrup (1 slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)
<u>Lunch or Supper</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	1 slice Broccoli Quiche D-08 ² (1 ½ oz cooked lean meat, ¼ cup vegetable, 2 slices of bread) ¼ cup fresh apple slices (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	½ turkey breast (¾ oz) sandwich on whole wheat bread with 1 tsp light mayonnaise (1 slice of bread, ¾ oz cooked lean meat) ½ cup Broccoli Cheese Soup H-05 ² (¾ oz equivalent meat/meat alternate, ¼ cup vegetable) ¼ cup applesauce (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 serving Oven Bake Chicken D-29 ² (2 oz cooked lean meat, ½ slice of bread) ¼ cup whole kernel corn (¼ cup vegetable) ¼ cup pear halves (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	½ oz sliced turkey (½ oz cooked lean meat) ½ cup Bean Soup H-08 ² (1 oz cooked lean meat, ½ cup vegetable) ¼ cup sliced cooked carrots (¼ cup vegetable) ¼ cup kiwi (¼ cup fruit) ½ piece cornbread (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	1 ½ oz lean, broiled hamburger patty (1 ½ oz cooked lean meat) ¼ cup lettuce and tomato salad (¼ cup vegetable) ¼ cup pineapple (¼ cup fruit) ½ whole wheat bun (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)





Menus for Child Care

Week 2 Menus, continued

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Snack Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	1 serving Peach Muffin Squares A-16A ² (1 slice of bread) ½ cup 1% milk ¹ (½ cup milk) Water ³	½ toasted English muffin with 1 Tbsp peanut butter ⁴ (½ slice of bread, 1 Tbsp peanut butter) ½ cup 1% milk ¹ (½ cup milk) Water ³	¼ cup lightly steamed broccoli and ¼ cup lightly steamed carrots with 1 Tbsp lowfat ranch dressing (½ cup vegetable) ½ cup 1% milk ¹ (½ cup milk) Water ³	2 oz lowfat yogurt sprinkled with 1 Tbsp granola (2 oz yogurt) ½ cup sliced fresh strawberries (½ cup fruit) Water ³	¼ cup mixed dried fruits (¼ cup fruit) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) ½ cup 1% milk ¹ (½ cup milk) Water ³

¹Nutritionists recommend serving whole milk for ages 1 and 2 and reduced fat milk for ages 3-5.

² *USDA Recipes for Child Care*. Available online at www.nfsmi.org.

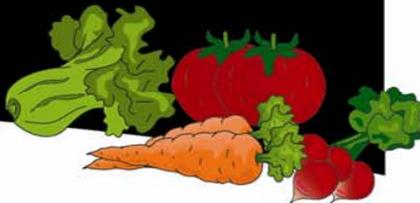
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⁴Sunflower seed butter may be substituted for peanut butter.





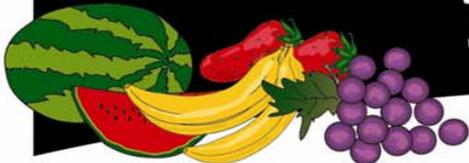
Menus for Child Care



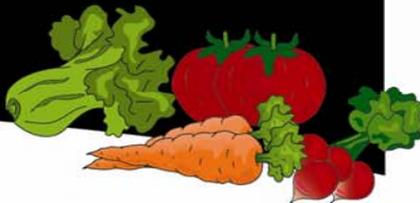
Week 3 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Juice or Fruit or Vegetable Grains/Breads Milk	½ cup orange juice (½ cup fruit juice) 1 Oven Baked Whole Wheat Pancakes A-06A ² with 1 Tbsp reduced calorie pancake syrup (1 slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) ½ serving Baked Whole Wheat Doughnuts A-07 ² (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh orange sections (½ cup fruit) ½ slice whole wheat toast with 1 Tbsp peanut butter ⁴ (½ slice of bread, 1 Tbsp peanut butter) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup sliced fresh strawberries (½ cup fruit) 1 piece Banana Bread Squares A-13 ² (1 slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup pear halves (½ cup fruit) ½ whole grain waffle with 1 Tbsp reduced calorie syrup and 1 tsp margarine (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)
Lunch or Supper 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 ² (1 ½ oz cooked lean meat, ¼ cup vegetable, ¾ slice of bread) ¼ cup green beans (¼ cup vegetable) ⅓ cup Orange Glazed Carrots I-12A ² (¼ cup vegetable and fruit) ¾ cup 1% milk ¹ (¾ cup milk)	½ Toasted Cheese and Tomato Sandwich F-09 ² (1 oz equivalent meat/meat alternate, ½ cup vegetable, 1 slice of bread) ¼ cup broccoli (¼ cup vegetable) 1 fresh plum (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	¾ cup 1 Tbsp Stir-Fry Chicken D-18 ² (2 oz cooked lean meat, ⅝ cup vegetable) ⅜ cup Not Fried Rice A-08 ² (½ oz cooked lean meat, ⅛ cup vegetable, ½ slice of bread) ¼ cup diced peaches, in extra light syrup, drained (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup Lentil Soup H-07 ² with ½ oz cheese and ½ oz ham as garnish (1 ½ oz equivalent meat/meat alternate, ¼ cup vegetable) ¼ cup steamed spinach (¼ cup vegetable) ¼ cup baked apple with cinnamon (¼ cup fruit) ½ piece cornbread (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ roasted turkey sandwich with 1 ½ oz turkey on 1 slice whole wheat bread with 1 tsp light mayonnaise (1 ½ oz cooked lean meat, 1 slice of bread) ¼ cup lightly steamed carrot sticks (¼ cup vegetable) ¼ cup oven baked potato wedges (¼ cup vegetable) ¾ cup 1% milk ¹ (¾ cup milk)





Menus for Child Care



Week 3 Menus, continued

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	3/8 cup Yogurt Fruit Dip	1/2 oz graham crackers	1/2 oz wheat crackers	1/2 slice whole wheat	1/2 oz reduced fat
Select two of the following:	G-04 ² (2 oz yogurt)	(2 crackers)	(4 crackers)	bread	cheddar cheese
Meat or Meat Alternate	1/2 cup fresh apple slices (1/2 cup fruit)	(1/2 oz grains/bread)	(1/2 oz grains/breads)	(1/2 slice of bread)	(1/2 oz cheese)
Vegetable or Fruit or Juice	Water ³	1/2 cup diced peaches, in extra light syrup, drained (1/2 cup fruit)	1/2 oz cheddar cheese (1/2 oz cheese)	1 Tbsp peanut butter ⁴ (1 Tbsp peanut butter)	1/2 cup applesauce (1/2 cup fruit)
Grains/Breads		Water ³	Water ³	Water ³	Water ³
Milk					

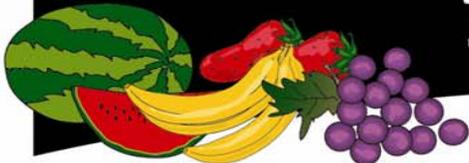
¹Nutritionists recommend serving whole milk for ages 1 and 2 and reduced fat milk for ages 3-5.

² *USDA Recipes for Child Care*. Available online at www.nfsmi.org.

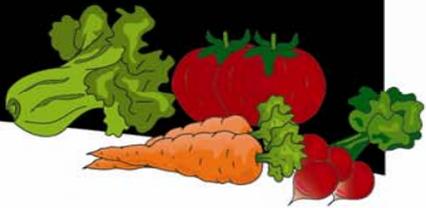
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⁴Sunflower seed butter may be substituted for peanut butter.





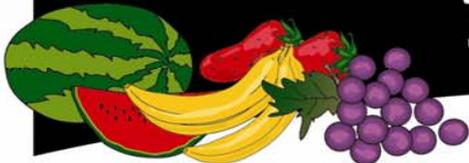
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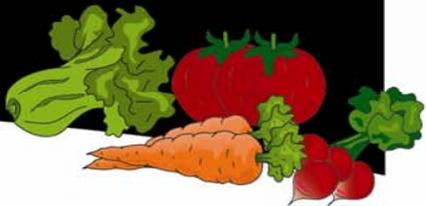
Week 4 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Juice or Fruit or Vegetable Grains/Breads Milk	½ cup orange juice (½ cup fruit) Vegetable omelet with ¾ egg , 2 Tbsp canned mushrooms, 2 Tbsp green peppers (1 ¾ egg) ½ slice whole wheat toast (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup applesauce (½ cup fruit) ½ whole grain English muffin with ½ oz cheddar cheese (½ slice of bread; ½ oz cheese) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup pineapple chunks (½ cup fruit) ½ slice (32 g) French toast with 1 Tbsp reduced calorie syrup (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup diced peaches, in extra light syrup, drained (½ cup fruit) ½ whole grain bagel with 1 Tbsp peanut butter ³ (½ slice of bread, 1 Tbsp peanut butter) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) ½ Cut Biscuit Using Master Mix A-09B ² (¾ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)
Lunch or Supper Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	1 soft chicken taco with 1 ½ oz chicken, 1 Tbsp shredded lettuce, 1 Tbsp diced tomato, 1 Tbsp grated cheese and 1 Tbsp salsa on tortilla (1 oz grains/breads, 1 ½ oz cooked lean meat) ¼ cup lightly steamed carrot sticks (¼ cup vegetable) ¼ cup pineapple chunks (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	½ Banana-Peanut Butter ³ Sandwich F-03A ² (1 oz equivalent meat/meat alternate, ½ cup fruit, 1 slice of bread) ¼ cup Broccoli Salad E-11 ² (¼ cup vegetable and fruit) ¼ cup fresh strawberry slices (¼ cup fruit) with ¼ cup Yogurt Fruit Dip G-04* (2 oz yogurt) ¾ cup 1% milk ¹ (¾ cup milk)	¾ cup spaghetti and meat sauce (1 ½ oz equivalent meat/meat alternate, ¾ slice of bread, ¼ cup vegetable) ¼ cup green salad with 1 Tbsp shredded carrots and 1 Tbsp lowfat salad dressing (¼ cup vegetable) ¼ cup fresh orange sections (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 oz roasted sliced turkey (1 oz equivalent meat/meat alternate) ¼ cup black beans (¼ cup cooked dry beans) ¼ cup Orange-Glazed Sweet Potatoes I-12 ² (¼ cup vegetable) ¼ cup apricot halves (¼ cup fruit) ½ whole wheat roll (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	1 ½ oz baked fish fillet (1 ½ oz cooked fish) ¼ cup green peas (¼ cup vegetable) ¼ cup stuffed potatoes with ½ oz shredded cheddar cheese and 2 Tbsp steamed broccoli (¼ cup vegetable, ½ oz cheese) 1 piece Corn Muffin Squares A-02A ² (¾ slice of bread) ½ cup gelatin dessert mix prepared with water and fruit ¾ cup 1% milk ¹ (¾ cup milk)





Menus for Child Care



Week 4 Menus, continued

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Snack Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	1 piece Peach Muffin Squares A-16A ² (1 slice of bread) ½ cup 1% milk ¹ (½ cup milk) Water ⁴	Fruit kabobs (⅛ fresh cantaloupe, ⅛ cup fresh banana, ¼ cup pineapple) (½ cup fruit) ½ oz reduced fat cheddar cheese (½ oz cheese) Water ⁴	2 oz lowfat vanilla yogurt (2 oz yogurt) ½ cup diced peaches, in extra light syrup, drained (½ cup fruit) Water ⁴	½ oz graham crackers (2 crackers) (½ oz grains/bread) 1 Tbsp peanut butter ³ (1 Tbsp peanut butter) ½ cup 1% milk ¹ (½ cup milk) Water ⁴	1 oz lowfat cottage cheese (1 oz cottage cheese) ½ cup pineapple chunks (½ cup fruit) Water ⁴

¹Nutritionists recommend serving whole milk for ages 1 and 2 and reduced fat milk for ages 3-5.

² *USDA Recipes for Child Care*. Available online at www.nfsmi.org.

³Sunflower butter may be substituted for peanut butter.

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



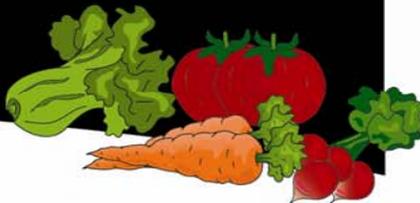


Week 5 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Juice or Fruit or Vegetable Grains/Breads Milk	½ cup fresh orange sections (½ cup fruit) ¼ cup cooked oatmeal with 1 Tbsp raisins ⁵ (¼ cup cooked cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup grape juice with added vitamin C (½ cup fruit juice) ½ slice whole wheat toast with ½ slice processed American cheese (½ slice of bread, ½ oz cheese) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh peach slices (½ cup fruit) ⅓ cup unsweetened cereal variety (⅓ cup cold dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh apple slices (½ cup fruit) 1 piece Banana Bread Squares A-13 ² (1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup canned pineapple juice (½ cup fruit juice) 1 serving Baked Scrambled Eggs D-15 ² (1 large egg) ½ slice whole wheat toast (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)
Lunch or Supper Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	1 Tuna Patty D-10 ² (1 ½ oz cooked lean meat, ½ slice of bread) ¼ cup peas and carrots (¼ cup vegetable) ¼ cup pineapple tidbits (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 serving Chicken Pot Pie D-11 ² (1 ½ oz cooked lean meat, ¼ cup vegetable, 1 ¾ slices of bread) ¼ cup peach halves (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 serving Glazed Meat Loaf D-04A ² (1 ½ oz cooked lean meat, ⅓ cup vegetable, ½ slice of bread) ¼ cup Baked Sweet Potatoes and Apples I-08 ² (¼ cup vegetable and fruit) ¼ cup fresh apple slices (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup Chicken or Turkey Chowder H-01 ² (¾ oz cooked lean meat, ⅓ cup vegetable) ¾ oz reduced fat cheddar cheese (¾ oz cheese) ½ oz saltine crackers (4 crackers) (½ oz grains/breads) ¼ cup sliced cooked carrots (¼ cup vegetable) ¼ cup pear halves (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	¾ cup Vegetable Chili D-26 ² (2 oz equivalent meat/meat alternate, ⅓ cup vegetable, ¼ slice of bread) ¼ cup fresh fruit salad (¼ cup fruit) 1 Corn Muffin A-02 ² (¾ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)



Menus for Child Care



Week 5 Menus, continued

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	½ oz graham crackers (2 crackers) (½ oz grains/bread)	¼ cup Carrot-Raisin Salad E-05 ² (¼ cup vegetable and fruit)	½ oz reduced fat cheddar cheese (½ oz cheese)	2 oz lowfat yogurt (2 oz yogurt)	1 serving Peach Muffin Squares A-16A ² (1 slice of bread)
Select two of the following:				½ cup fresh banana slices (½ cup fruit)	½ cup 1% milk ¹ (½ cup milk)
Meat or Meat Alternate	1 Tbsp peanut butter ³ (1 Tbsp peanut butter)	½ oz wheat crackers (4 crackers) (½ oz grains/breads)	½ cup diced fresh pineapple (½ cup fruit)	Water ⁴	
Vegetable or Fruit or Juice	½ cup 1% milk ¹ (½ cup milk)	¼ cup apple juice (¼ cup fruit)	Water ⁴		Water ⁴
Grains/Breads	Water ⁴	Water ⁴			
Milk					

¹Nutritionists recommend serving whole milk for ages 1 and 2 and reduced fat milk for ages 3-5.

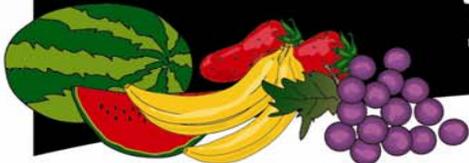
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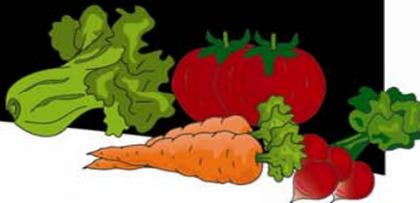
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⁵Raisins can be a choking hazard for young children.





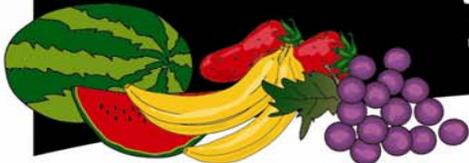
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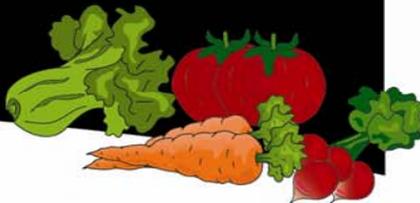
Week 6 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Juice or Fruit or Vegetable Grains/Breads Milk	½ cup fresh cantaloupe cubes (½ cup fruit) 1 omelette with ¾ egg, 1 Tbsp chopped spinach, 1 Tbsp shredded reduced fat cheddar cheese (¾ egg) ½ slice whole wheat toast (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh orange sections (½ cup fruit) ⅓ cup unsweetened cereal variety (⅓ cup cold dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup diced fresh watermelon (½ cup fruit) ½ whole grain waffle with 1 Tbsp reduced calorie syrup and 1 tsp margarine (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) ⅓ cup unsweetened cereal variety (⅓ cup cold dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh grapes cut in half lengthwise (½ cup fruit) ½ slice whole wheat toast with ½ oz melted reduced fat cheddar cheese (½ slice of bread; ½ oz cheese) ¾ cup 1% milk ¹ (¾ cup milk)
Lunch or Supper Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	½ cup Lentil Soup H-07 ² with garnish of ½ oz reduced fat cheddar cheese and ½ oz chopped ham (1 ½ oz equivalent meat/meat alternate, ¼ cup vegetable) ¼ cup pear slices (¼ cup fruit) ½ piece cornbread (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	1 ½ oz water packed canned tuna with 1 tsp light mayonnaise (1 ½ oz fish) ¼ cup lightly steamed carrot sticks (¼ cup vegetable) ½ cup gelatin dessert ³ prepared with water and fruit (¼ cup fruit) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) ¾ cup 1% milk ¹ (¾ cup milk)	¾ cup 1 Tbsp Beef Stir-Fry D-18A ² (2 oz cooked lean meat, ⅝ cup vegetable) ¼ cup pineapple chunks (¼ cup fruit) ¼ cup brown rice (¼ cup rice) ¾ cup 1% milk ¹ (¾ cup milk)	1 serving Oven Bake Chicken D-29 ² (2 oz cooked lean meat, ½ slice of bread) ¼ cup steamed broccoli (¼ cup vegetable) ¼ cup potato wedges (¼ cup vegetable) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup Chili Con Carne D-25 ² (2 oz cooked lean meat, ⅝ cup vegetable) ¼ cup Mexicali Corn I-15 ² (¼ cup vegetable) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) ¾ cup 1% milk ¹ (¾ cup milk)





Menus for Child Care



Week 6 Menus, continued

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	1 Tbsp peanut butter ⁴ (1 Tbsp peanut butter)	2 oz lowfat yogurt (2 oz yogurt)	½ cup grapefruit juice (½ cup fruit juice)	1 piece Oatmeal Muffin Squares A-16 ² (1 slice of bread)	½ oz reduced fat cheddar cheese (½ oz cheese)
Select two of the following:	½ cup fresh apple slices (½ cup fruit)	½ oz graham crackers (2 crackers)	1 granola bar (½ oz grains/bread)	½ cup 1% milk ¹ (½ cup milk)	¼ cup lightly steamed carrots and broccoli
Meat or Meat Alternate	Water ⁵	Water ⁵	Water ⁵	Water ⁵	with 1 Tbsp lowfat salad dressing (¼ cup vegetable)
Vegetable or Fruit or Juice					¼ cup apple juice (¼ cup juice)
Grains/Breads					Water ⁵
Milk					

¹Nutritionists recommend serving whole milk for ages 1 and 2 and reduced fat milk for ages 3-5.

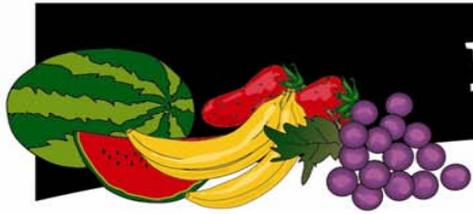
² *USDA Recipes for Child Care*. Available online at www.nfsmi.org.

³Must contain enough fruit to meet a fruit/vegetable component.

⁴Sunflower butter may be substituted for peanut butter.

⁵Water 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 7 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Juice or Fruit or Vegetable Grains/Breads Milk	½ cup applesauce (½ cup fruit) ⅓ cup unsweetened cereal variety (⅓ cup cold dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) 1 Oven Baked Three Grain Pancake A-06B ² (1 slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup orange juice (½ cup fruit juice) ½ whole grain English muffin with 1 Tbsp peanut butter ⁴ (½ slice of bread, 1 Tbsp peanut butter) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh apple slices (½ cup fruit) 1 serving Baked Scrambled Eggs D-15 ² (1 large egg) ½ slice whole wheat toast (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup pink grapefruit juice (½ cup fruit juice) ¼ cup cooked oatmeal with 1 tsp brown sugar (¼ cup cooked cereal) ¾ cup 1% milk ¹ (¾ cup milk)
Lunch or Supper Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	½ cup Oven Baked Parmesan Chicken D-05 ² (1 ½ oz cooked poultry) ¼ cup green beans (¼ cup vegetable) ¼ cup peach halves (¼ cup fruit) ½ whole wheat roll (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	1 Tortilla Roll-Up F-07 ² (1 ½ oz cooked lean meat, 1 slice of bread) ¼ cup black beans (¼ cup cooked dry beans) ¼ cup whole kernel corn (¼ cup vegetable) ¼ cup fresh grapes cut in half lengthwise (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 piece Oven Baked Fish D-09 ² (1 ½ oz cooked fish) ¼ cup baked, peeled sweet potato (¼ cup vegetable) ¼ cup green peas (¼ cup vegetable) ½ whole wheat roll (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	1 English muffin pizza with 1 ½ oz mozzarella cheese and 1 Tbsp pizza sauce (½ slice of bread, 1 ½ oz cheese) ¼ cup steamed broccoli and cauliflower (¼ cup vegetable) ¼ cup pear halves (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	⅜ cup Beef and Spaghetti Casserole D-03 ² (1 ½ oz cooked lean meat, ¼ cup vegetable, ½ slice of bread) ¼ cup cooked carrots (¼ cup vegetable) ½ slice toasted French bread with 1 tsp margarine (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)





Menus for Child Care

Week 7 Menus, continued

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 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 fresh strawberries (½ cup fruit) Water ³	½ oz wheat crackers (4 crackers) with 1 Tbsp peanut butter ⁴ (½ oz grains/breads, 1 Tbsp peanut butter) ½ cup 1% milk ¹ (½ cup milk) Water ³	½ oz string cheese (½ oz cheese) ¼ cup Carrot-Raisin ⁵ Salad E-05 ² (¼ cup vegetable and fruit) ¼ cup apple juice (¼ cup juice) Water ³	1 oz lowfat cottage cheese (1 oz cottage cheese) ½ oz graham crackers (2 crackers) (½ oz grains/bread) Water ³	1 Banana Muffin A-04 ² (1 slice of bread) ½ cup 1% milk ¹ (½ cup milk) Water ³

¹Nutritionists recommend serving whole milk for ages 1 and 2 and reduced fat milk for ages 3-5.

² *USDA Recipes for Child Care*. Available online at www.nfsmi.org.

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

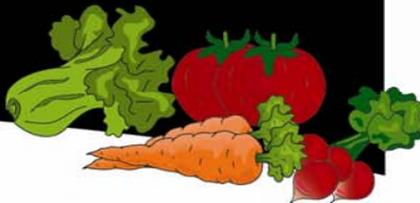
⁴Sunflower butter may be substituted for peanut butter.

⁵Raisins can be a choking hazard for young children.





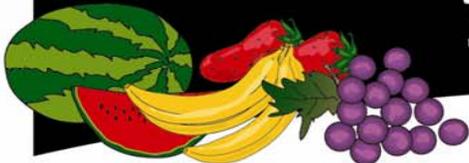
Menus for Child Care



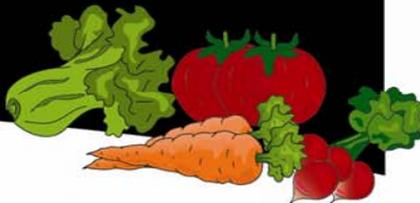
Week 8 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Juice or Fruit or Vegetable Grains/Breads Milk	½ cup peach halves (½ cup fruit) ½ slice French toast with 1 Tbsp reduced calorie syrup (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup grapefruit sections (½ cup fruit) ½ piece Peach Muffin Squares A-16A ² (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh diced strawberries (½ cup fruit) ¼ cup cream of wheat cereal (¼ cup cooked cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) ½ slice whole wheat toast with 1 Tbsp peanut butter ⁴ (½ slice of bread, 1 Tbsp peanut butter) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup tomato juice (½ cup vegetable juice) Scrambled eggs (¾ egg) on ½ toasted whole grain English muffin (½ slice of bread; ¾ egg) ¾ cup 1% milk ¹ (¾ cup milk)
Lunch or Supper Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	½ Barbecued Beef or Pork on a Roll F-08 ² (1 ½ oz cooked lean meat, ¼ cup vegetable, 1 slice of bread) ¼ cup peas and carrots (¼ cup vegetable) 1 fresh plum (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 ½ oz water packed canned tuna with 1 tsp light mayonnaise (1 ½ oz equivalent meat/meat alternate) ¼ cup lightly steamed carrot sticks (¼ cup vegetable) ¼ cup pineapple tidbits (¼ cup fruit) ½ oz whole grain crackers (4 crackers) (½ oz grains/breads) ¾ cup 1% milk ¹ (¾ cup milk)	2 pieces Chicken Nuggets D-09B ² (1 ½ oz cooked poultry) ¼ cup whole kernel corn (¼ cup vegetable) ¼ cup diced pears (¼ cup fruit) ½ whole wheat roll (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	1 oz baked fish (1 oz fish) ¼ cup black-eyed peas (¼ cup cooked dry beans) ¼ cup green salad with 1 Tbsp shredded carrots and 1 Tbsp lowfat salad dressing (¼ cup vegetable) ¼ cup new potatoes, roasted with 1 tsp olive oil (¼ cup vegetable) ½ piece cornbread (½ slice of bread) ¾ cup 1% milk ¹ (¾ cup milk)	1 Beef Burrito D-21 ² (2 oz cooked lean meat, ¼ cup vegetable, 1 slice of bread) ¼ cup fresh orange sections (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)





Menus for Child Care



Week 8 Menus, continued

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Snack Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ cup fresh watermelon chunks (½ cup fruit) ½ oz whole grain crackers (4 crackers) (½ oz grains/breads) Water ³	½ serving Pineapple Scones A-01 ² (¾ slice of bread) ½ cup 1% milk ¹ (½ cup milk) Water ³	½ oz string cheese (½ oz cheese) ½ oz graham crackers (2 crackers) (½ oz grains/bread) Water ³	2 oz lowfat yogurt (2 oz yogurt) ½ cup apricot halves (½ cup fruit) Water ³	1 Tbsp peanut butter ⁴ (1 Tbsp peanut butter) ½ cup fresh apple slices (½ cup fruit) Water ³

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⁴Sunflower butter may be substituted for peanut butter.

