



Menus for Child Care

Breakfast

Lunch/Supper

Snack

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 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. Any time 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.

2010



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 fresh banana slices (½ cup fruit) ½ waffle (½ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh plum slices (½ cup fruit) ½ whole-grain English muffin, toasted (1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup orange sections (½ cup fruit) ½ Drop Biscuit A-09A ² (¾ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh strawberry slices (½ cup fruit) ⅓ cup whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup orange juice (½ cup fruit) ¼ cup cooked oatmeal with 1 Tbsp raisins ⁵ (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 Chicken Vegetable Soup H-11-B ² (½ oz cooked poultry, ¼ cup vegetable) ½ grilled cheese sandwich (1 oz cheese, 1 slice bread) ¼ cup Broccoli and Cauliflower Polonaise I-16 ² (¼ cup vegetable) ¾ cup 1% milk ¹ (¾ cup milk)	2 pieces Fish Nuggets D-09A ² with 3 ⅓ Tbsp Fruity Dipping Sauce C-02 ² (1 ½ oz cooked fish, ⅛ cup fruit) ¼ cup Cole Slaw E-09 ² (¼ cup vegetable) ¼ cup diced peaches (¼ cup fruit) 1 whole wheat roll (1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	Black bean, corn, and cheddar quesadilla on whole-grain tortilla (¼ cup cooked dry beans, ¼ cup vegetable, ½ oz cheese, 1 slice bread) ¼ cup fresh pear slices (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup spaghetti with meat sauce (1 oz cooked lean meat, ½ slice bread) ¼ cup apple slices (¼ cup fruit) ¼ cup peas and carrots (¼ cup vegetable) ½ slice garlic bread with mozzarella (½ slice bread, ½ oz cheese) ¾ cup 1% milk ¹ (¾ cup milk)	Grilled chicken pita with ¼ cup shredded lettuce (1 ½ oz cooked poultry, ¼ cup vegetable, 1 slice bread) ¼ cup baked butternut squash with cinnamon (¼ cup vegetable) ¾ cup 1% milk ¹ (¾ cup milk)



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<p><u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk</p>	<p>½ oz string cheese (½ oz cheese) ½ cup pineapple tidbits (½ cup fruit) Water³</p>	<p>1 whole-grain English muffin pizza (½ English muffin with ½ oz cheese and 2 Tbsp tomato sauce) (1 slice bread, ½ oz cheese) Water³</p>	<p>½ oz pretzels and 1 Tbsp peanut butter⁴ (½ oz grains/breads, 1 Tbsp peanut butter) Water³</p>	<p>2 oz lowfat yogurt, plain (2 oz yogurt) ½ cup mixed fruit (½ cup fruit) Water³</p>	<p>1 Blueberry Muffin A-03² (1 ¼ slices bread) ½ cup 1% milk¹ (½ cup milk) Water³</p>
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¹Nutritionists recommend serving whole milk for children ages 2 and younger and lowfat milk for children older than 2 years of age.

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.

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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) ¼ cup whole-grain barley cereal with 1 Tbsp raisins ⁵ (¼ cup cooked cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh cantaloupe cubes (½ cup fruit) ½ Cut Biscuit Using Master Mix A-09B ² with 1 tsp all-fruit spread (¾ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup mixed fruit (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup pear halves (½ cup fruit) 1 Pancake A-12 ² (1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh orange sections (½ cup fruit) ½ slice cinnamon toast (½ slice bread) ½ hard boiled egg (½ egg) 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 oz grilled chicken slices (1 oz cooked poultry) ½ cup Multi-Bean Soup H-04 ² (½ oz cooked lean meat, ⅛ cup vegetable) ¼ cup fresh pear slices (¼ cup fruit) 1 Corn Muffin A-02 ² (¾ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	2 Meat Balls D-28A ² (2 oz cooked lean meat, ⅛ cup vegetable, ½ slice bread) ¼ cup baked sweet potato fries (¼ cup vegetable) ¼ cup peas and carrots (¼ cup vegetable) ¾ cup 1% milk ¹ (¾ cup milk)	1 slice Broccoli Quiche D-08 ² (1 ½ oz cooked lean meat, ¼ cup vegetable, 2 slices bread) ¼ cup grape halves (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	½ turkey sandwich (1 ½ oz cooked poultry, 1 slice bread) ¼ cup steamed spinach with 1 tsp parmesan cheese (¼ cup vegetable) 1 piece Apple Crisp B-19 ² (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 serving Chicken Ratatouille ³ (2 oz cooked poultry, ½ cup vegetable) ¼ cup diced apricots (¼ cup fruit) ½ whole wheat roll (½ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)



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Snack Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ cup apple slices with 2 oz lowfat yogurt for dipping (½ cup fruit, 2 oz yogurt) Water ⁴	½ oz string cheese (½ oz cheese) ½ cup grape juice (½ cup fruit) Water ⁴	1 pumpkin muffin (½ slice bread) ½ cup 1% milk ¹ (½ cup milk) Water ⁴	2 Tbsp hummus with ½ oz whole wheat pita wedges (½ oz meat/meat alternate, ½ oz grains) Water ⁴	½ cup pineapple rings (½ cup fruit) ½ oz whole-grain crackers (4 crackers) (½ oz grains/breads) Water ⁴
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Week 3 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup orange juice (½ cup juice) ½ whole-grain mini bagel with low fat cream cheese (1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup pineapple rings (½ cup fruit) 1 slice whole-grain toast with 2 tsp all-fruit spread (1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh blueberries (½ cup fruit) 1 Oatmeal Muffin Square A-16 ² (1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup apple slices (½ cup fruit) ½ whole-grain waffle (½ slice bread) ¾ cup 1% milk ¹ (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 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	⅓ cup Oven-Baked Parmesan Chicken D-05 ² (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 ¹ (¾ cup milk)	¼ cup refried beans (1 oz cooked lean meat) ¼ cup Mexicali Corn I-15 ² (¼ cup vegetable) ¼ cup diced peaches (¼ cup fruit) Baked tortilla wedges (½ slice bread) 2 oz lowfat yogurt (2 oz yogurt) ¾ cup 1% milk ¹ (¾ cup milk)	1 piece Macaroni and Cheese D-20 ² (1 ½ oz cheese, 1 ½ slices bread) ¼ cup steamed kale with cumin (¼ cup vegetable) ¼ cup orange sections (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 piece Meat Loaf D-28 ² (2 oz cooked lean meat, ⅛ cup vegetable, ½ slice bread) ¼ cup mashed potatoes (¼ cup vegetable) ¼ cup steamed broccoli and carrots (¼ cup vegetable) ¾ cup 1% milk ¹ (¾ cup milk)	2 pieces Chicken Nuggets D-09B ² (1 ½ oz cooked poultry) ¼ cup baked zucchini with 1 tsp parmesan cheese (¼ cup vegetable) ¼ cup grape halves (¼ cup fruit) 1 piece Corn Muffin Squares A-02A ² (¾ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)



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<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	1 Tbsp peanut butter ³ (1 Tbsp peanut butter) ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water ⁴	½ cup mixed fruit (½ cup fruit) 1 granola bar (½ oz grains/breads) Water ⁴	½ oz cheddar cheese (½ oz cheese) ½ cup lightly steamed carrots and broccoli ⁵ with 1 Tbsp Ranch dressing E-18 ² (½ cup vegetable) Water ⁴	2 oz lowfat yogurt (2 oz yogurt) ½ cup fresh orange sections (½ cup fruit) Water ⁴	1 piece Banana Bread Square A-13 ² (1 slice bread) ½ cup 1% milk ¹ (½ cup milk) Water ⁴
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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 mixed fruit (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup orange sections (½ cup fruit) ½ slice cheddar cheese toast (½ slice bread, ½ oz cheese) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh kiwi slices (½ cup fruit) ½ Cut Biscuit A-09 ² (¾ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup sliced fresh strawberries (½ cup fruit) 1 French toast stick (¾ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh banana (½ cup fruit) ¼ cup cooked grits (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	1 ½ oz roasted turkey (1 ½ oz cooked lean meat) ¼ cup steamed spinach (¼ cup vegetable) ¼ cup red grape halves (¼ cup fruit) ¼ cup quinoa (¼ cup cooked grains) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup Bean Soup H-08 ² (1 oz cooked lean meat, ⅛ cup cooked vegetable) ¼ cup green beans (¼ cup vegetable) ¼ cup pineapple tidbits (¼ cup fruit) English muffin half with melted cheese (1 slice bread, ½ oz cheese) ¾ cup 1% milk ¹ (¾ cup milk)	½ peanut butter ⁵ and jam sandwich on whole wheat bread (1 Tbsp peanut butter, 1 slice bread) 4 oz lowfat yogurt (4 oz yogurt) ¼ cup peas and carrots (¼ cup vegetable) ¼ cup diced apricots (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 ½ oz pork chop (1 ½ oz cooked lean meat) ¼ cup Baked Sweet Potatoes and Apples I-08 ² (¼ cup vegetable and fruit) ¼ cup fresh pear slices (¼ cup fruit) ½ whole wheat roll (½ slice bread) ¾ cup 1% milk ¹ (¾ cup 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 apple slices (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)



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<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	1 piece Muffin Squares A-11 ² (1 slice bread) ½ cup 1% milk ¹ (½ cup milk) Water ³	1 piece Nachos G-03 ² (½ oz cheese, ¼ slice bread) ½ cup apple slices (½ cup fruit) Water ³	½ oz graham crackers (2 crackers) (½ oz grains/breads) ½ cup 1% milk ¹ (½ cup milk) Water ³	1 serving Go Bananas Orange Dip ⁴ (2 oz yogurt, ½ cup fruit) Water ³	½ oz cheddar cheese (½ oz cheese) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) Water ³
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Week 5 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup orange sections (½ cup fruit) ½ slice cheese toast (½ slice bread, ½ oz cheddar cheese) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) 1 Oven-Baked Whole Wheat Pancake A-06A ² (½ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup diced peaches (½ cup fruit) ⅓ cup whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	¼ cup grape juice (¼ cup juice) ½ serving Golden Apple Oatmeal ³ (¼ cup cooked cereal, ¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup pineapple tidbits (½ cup fruit) ½ Cut Biscuit A-09 ² (¾ slice 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	½ cup Lentil Soup H-07 ² served over ¼ cup brown rice (½ oz cooked lean meat, ¼ cup vegetable, ½ slice bread) 4 oz lowfat yogurt (4 oz yogurt) ¼ cup fresh apple slices (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 ½ oz oven-baked chicken (1 ½ oz cooked poultry) ¼ cup broccoli (¼ cup vegetable) ¼ cup mixed fruit (¼ cup fruit) 1 Corn Muffin A-02 ² (¾ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	1 Tuna Salad Sandwich F-11 ² on whole wheat bread (2 oz cooked fish, ⅛ cup vegetable, 2 slices bread) ¼ cup peas and carrots (¼ cup vegetable) ¼ cup banana slices (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 serving Tiny Meat Loaves D-04C ² (2 oz cooked lean meat, ⅛ cup vegetable, ½ slice bread) ¼ cup stir-fried zucchini with 1 tsp parmesan cheese (¼ cup vegetable) ¼ cup fresh pear slices (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup Pasta Toss with Vegetables D-14 ² (¾ oz cheese, ¼ cup vegetable, ½ slice bread) ¾ oz roasted turkey (¾ oz cooked poultry) ¼ cup apricot halves (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)



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<p><u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk</p>	<p>Ants on a log (½ cup celery sticks with 1 Tbsp peanut butter⁴ and 1 Tbsp raisins⁶) (½ cup vegetable, 1 Tbsp peanut butter) Water⁵</p>	<p>1 Blueberry Muffin A-03² (1 slice bread) ½ cup 1% milk¹ (½ cup milk) Water⁵</p>	<p>1 portion Strawberry Yogurt Shake³ (½ cup fruit, 2 oz yogurt) Water⁵</p>	<p>½ turkey sandwich (½ oz cooked poultry, 1 slice bread) Water⁵</p>	<p>½ oz cottage cheese (½ oz cheese) ½ cup grapes halves (½ cup fruit) Water⁵</p>
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Week 6 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup fresh strawberry slices (½ cup fruit) ¼ Cream of Wheat® (¼ cup cooked cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) ½ waffle (½ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup orange juice (½ cup fruit) ½ Drop Biscuit A-09A ² (¾ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup peach halves (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh apple slices (½ cup fruit) ½ slice French toast (1 slice 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	Cheese quesadilla (1 oz cheddar cheese, ½ slice bread) ¼ cup black beans (½ oz cooked lean meat) ¼ cup corn (¼ cup vegetable) ¼ cup pineapple tidbits (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 piece Pizza with Ground Beef Topping D-23 ² (1 ½ oz cooked lean meat, ⅛ cup of vegetable, 1 ½ slices bread) ¼ cup shredded lettuce with 1 Tbsp Ranch Dressing E-18 ² (¼ cup vegetable) ¼ cup grape halves (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	½ peanut butter ³ and jam sandwich on whole wheat bread (1 Tbsp peanut butter, 1 slice bread) 4 oz lowfat yogurt (4 oz yogurt) ¼ cup apple slices (¼ cup fruit) ¼ cup peas and carrots (¼ cup vegetable) ¾ cup 1% milk ¹ (¾ cup milk)	1 piece Vegetable Lasagna D-27 ² (1 ½ oz cheese, ½ cup vegetable, ¾ slice bread) ¼ cup mixed fruit (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 ½ oz roasted chicken (1 ½ oz cooked poultry) 1 serving Orange Couscous Salad ⁴ (½ cup vegetable, 1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)



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Snack Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ hard boiled egg (½ egg) ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water ⁵	2 oz lowfat yogurt sprinkled with ⅓ cup Cheerios® (2 oz yogurt, ⅓ cup dry cereal) Water ⁵	½ oz mozzarella cheese (½ oz cheese) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) Water ⁵	1 piece Whole Wheat Muffin Square A-11A ² (1 slice bread) ½ cup 1% milk ¹ (½ cup milk) Water ⁵	½ oz cheddar cheese cubes (½ oz cheese) ½ cup grape halves (½ cup fruit) Water ⁵
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Week 7 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup mixed fruit (½ cup fruit) 1 Oatmeal Muffin Square A-16 ² (1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup diced peaches (½ cup fruit) ½ cup unsweetened whole-grain cereal variety (½ cup dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh bananas (½ cup fruit) 1 Oven-Baked Pancake A-06 ² (1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh plum slices (½ cup fruit) ½ slice whole wheat toast with 1 tsp all-fruit spread (½ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup pineapple tidbits (½ cup juice) ½ whole-grain English muffin (1 slice 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 ½ oz roasted chicken (1 ½ oz cooked poultry) ¼ cup whole kernel corn (¼ cup vegetable) ¼ cup green beans (¼ cup vegetable) 1 piece Corn Muffin Squares A-02A ² (¾ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	2 pieces Fish Nuggets D-09A ² (1 ½ oz cooked fish) ¼ cup baked sweet potato (¼ cup vegetable) ¼ cup apple slices (¼ cup fruit) ½ whole wheat roll (½ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	2 Bean Tacos D-24A ² (2 oz cooked lean meat, ½ cup vegetable, 1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	1 ½ oz baked ham (1 ½ oz cooked lean meat) ½ serving Pasta Primavera ³ (¼ cup vegetable, 1 slice bread) ¼ cup apricot halves (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 Sloppy Joe F-12 ² (2 oz cooked lean meat, ¼ cup vegetable, 2 slices bread) ¼ cup Cole Slaw E-09 ² (¼ cup vegetable) ¾ cup 1% milk ¹ (¾ cup milk)



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Snack Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ whole wheat pita pocket with ½ oz melted cheddar cheese (1 slice bread, ½ oz cheese) Water ⁴	1 piece Peach Muffin Squares A-16A ² (1 ¼ slices bread) ½ cup 1% milk ¹ (½ cup milk) Water ⁴	½ English muffin pizza with ½ oz mozzarella cheese and 1 Tbsp tomato sauce (1 slice bread, ½ oz cheese) Water ⁴	½ cup banana slices dipped in 1 Tbsp peanut butter ⁵ and sprinkled with 2 Tbsp granola (½ cup fruit, 1 Tbsp peanut butter) Water ⁴	2 oz lowfat yogurt (2 oz yogurt) 1 fruit kebob with ¼ cup grape halves and ¼ cup apple cubes (½ cup fruit) Water ⁴
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Week 8 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Juice or Fruit or Vegetable Grains/Breads Milk	½ cup orange sections (½ cup fruit) ½ Cut Biscuit A-09 ¹ (¾ slice bread) ¾ cup 1% milk ² (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) 1 Muffin Square A-11 ¹ (1 slice bread) ¾ cup 1% milk ² (¾ cup milk)	½ cup grape halves (½ cup fruit) ½ slice toast with 1 tsp all-fruit spread (½ slice bread) ¾ cup 1% milk ² (¾ cup milk)	½ cup pears (½ cup fruit) ¼ cup oatmeal with ¼ cup cooked cereal ¾ cup 1% milk ² (¾ cup milk)	½ cup mixed fruit (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk ² (¾ cup milk)
Lunch or Supper Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	⅜ cup Beef and Spaghetti Casserole D-03 ¹ (1 ½ oz cooked lean meat, ¼ cup vegetable, ½ slice bread) ¼ cup pineapple tidbits (¼ cup fruit) ¾ cup 1% milk ² (¾ cup milk)	4 Tbsp hummus with ½ oz whole wheat pita wedges (1 oz meat/meat alternate, ½ oz grains) ¼ cup Stir-Fry Vegetables I-10 ¹ (¼ cup vegetables) ¼ cup peaches (¼ cup fruit) 2 oz yogurt (2 oz yogurt) ¾ cup 1% milk ² (¾ cup milk)	1 Chicken Burrito D-30 ¹ (2 oz cooked lean meat, ¼ cup vegetable, 1 slice bread) ¼ cup apple slices (¼ cup fruit) ¾ cup 1% milk ² (¾ cup 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 apricot halves (¼ cup fruit) ¾ cup 1% milk ² (¾ cup milk)	1 ½ oz roasted chicken (1 ½ oz cooked poultry) 1 cup Bean and Barley Soup ³ (½ cup vegetable) 1 piece Corn Muffin Squares A-02A ¹ (¾ slice bread) ¾ cup 1% milk ² (¾ cup milk)



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<u>Snack</u> 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 graham crackers (2 crackers) (½ oz grains/breads) Water ⁴	½ oz string cheese (½ oz cheese) ½ cup carrot sticks and broccoli trees ⁵ with 1 Tbsp Ranch Dressing E-18 ¹ (½ cup vegetable) Water ⁴	1 Banana Muffin A-04 ¹ (1 slice bread) ½ cup 1% milk ² (½ cup milk) Water ⁴	Yogurt parfait with 2 oz lowfat yogurt, ½ cup strawberries and blueberries, and 1 Tbsp granola (2 oz yogurt, ½ cup fruit) Water ⁴	¼ cup pureed black beans with ½ oz toasted whole wheat pita bread (½ slice bread) Water ⁴
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Week 9 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup fresh orange sections (½ cup fruit) ½ Cut Biscuit Using Master Mix (A-15) A-09B ² with 1 tsp all-fruit spread (¾ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	1 serving Fruit on a Raft ³ (Waffles with Apples) (1 slice bread, ½ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup diced fresh strawberries (½ cup fruit) ¼ cup Cream of Wheat® (¼ cup cooked cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) ⅓ cup whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup peaches (½ cup fruit) 1 pumpkin muffin (½ slice 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 Bean Burrito D-21A ² (2 oz cooked lean meat, ¼ cup vegetable, 1 slice bread) ¼ cup carrot sticks (¼ cup vegetable) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup Broccoli Cheese Soup H-05 ² (¾ oz cheese, ¼ cup vegetable) ¼ cup fresh pear slices (¼ cup fruit) ½ oz whole wheat pita bread with 3 Tbsp hummus (½ slice bread, 3 Tbsp beans) ¾ cup 1% milk ¹ (¾ cup milk)	1 Egg Salad Sandwich ² F-10 (2 oz cooked lean meat, 2 slices bread) ½ serving Roasted Butternut Squash ³ (¼ cup vegetable) ¼ cup grape halves (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 piece Spanish Zucchini Frittata ³ (1 oz cooked lean meat, ½ cup vegetable) ¼ cup brown rice (¼ cup grains) 2 oz lowfat yogurt (2 oz yogurt) ¾ cup 1% milk ¹ (¾ cup milk)	1 black bean mini pizza on whole-grain English muffin half (¼ cup beans, ½ oz cheese, ½ slice bread) ¼ cup shredded lettuce and carrots (¼ cup vegetable) ¼ cup fresh apple slices (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)



Menus for Child Care



<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	1 Tbsp peanut butter ⁴ with ½ oz wheat crackers (4 crackers) (1 Tbsp peanut butter, ½ oz grains/breads) Water ⁵	2 oz lowfat yogurt (2 oz yogurt) ½ cup diced apricots (½ cup fruit) Water ⁵	½ oz cheddar cheese (½ oz cheese) ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water ⁵	1 piece Banana Bread Squares A-13 ² (1 slice bread) ½ cup 1% milk ¹ (½ cup milk) Water ⁵	½ hard boiled egg (½ egg) ½ cup fresh orange sections (½ cup fruit) Water ⁵
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¹Nutritionists recommend serving whole milk for children ages 2 and younger and lowfat milk for children older than 2 years of age.

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

³5 a Day Quantity Recipe Cookbook. Available online at www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf.

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 10 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Juice or Fruit or Vegetable Grains/Breads Milk	½ cup grape juice (½ cup fruit) 1 Peach Muffin Square A-16A ¹ (1 slice bread) ¾ cup 1% milk ² (¾ cup milk)	½ cup peaches (½ cup fruit) ¼ cup oatmeal (¼ cup cooked cereal) ¾ cup 1% milk ² (¾ cup milk)	½ cup apricot halves (½ cup fruit) ½ whole-grain English muffin with 1 tsp all-fruit spread (1 slice bread) ¾ cup 1% milk ² (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) 1 Oven-Baked Whole Wheat Pancake A-06A ¹ (1 slice bread) ¾ cup 1% milk ² (¾ cup milk)	½ cup fresh orange sections (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk ² (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 Split Pea Soup H-02 ¹ with ¼ slice toast (1 oz cooked lean meat, ⅛ cup vegetable, ¼ slice bread) ½ oz mozzarella cheese (½ oz cheese) ¼ cup cooked carrot (¼ cup vegetable) ¼ cup fresh apple slices (¼ cup fruit) ¼ oz wheat crackers (2 crackers) (¼ oz grains/breads) ¾ cup 1% milk ² (¾ cup milk)	1 piece Macaroni and Cheese D-20 ¹ (1 ½ oz cooked lean meat, 1 ½ slices bread) ¼ cup steamed broccoli (¼ cup vegetable) ¼ cup pineapple tidbits (¼ cup fruit) ¾ cup 1% milk ² (¾ cup milk)	1 piece Vegetable Frittata D-01 ¹ (1 ½ oz cooked lean meat, ¼ cup vegetable) ½ whole wheat roll (½ slice bread) ¼ cup mixed fruit (¼ cup fruit) ¾ cup 1% milk ² (¾ cup milk)	Banana-Peanut Butter Sandwich F-03A ^{1,3} (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 peas and carrots (¼ cup vegetable) ¾ cup 1% milk ² (¾ cup milk)	¾ cup Vegetable Chili D-26 ¹ (2 oz cooked lean meat, ⅜ cup vegetable, ¼ slice bread) 1 piece Corn Muffin Square A-02A ¹ (¾ slice bread) ¼ cup fresh pears (¼ cup fruit) ¾ cup 1% milk ² (¾ cup milk)



Menus for Child Care



<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	Smoothie prepared with 2 oz lowfat yogurt, ½ cup strawberries, and ¼ cup milk ² (2 oz yogurt, ½ cup fruit) Water ⁴	Bean quesadilla with 2 Tbsp salsa (½ slice bread, 2 Tbsp beans) Water ⁴	½ oz cheddar cheese (½ oz cheese) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) Water ⁴	4 Tbsp Bean Dip G-02 ¹ (2 Tbsp beans) ½ oz tortilla triangles, toasted (½ slice bread) Water ⁴	½ piece Blueberry Muffin Squares A-16B ¹ (½ slice bread) ½ cup 1% milk ² (½ cup milk) Water ⁴
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Menus for Child Care



Week 11 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Juice or Fruit or Vegetable Grains/Breads Milk	½ cup mixed fruit (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup diced peaches (½ cup fruit) ½ slice French toast (½ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	Fruity Breakfast Parfait ² (¼ cup yogurt, ½ cup fruit) ½ Banana Muffin A-04 ³ (1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup pineapple tidbits (½ cup fruit) ½ Drop Biscuit A-09A ³ (¾ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh bananas (½ cup fruit) ½ slice whole wheat toast with 1 tsp all-fruit spread (½ slice 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 piece Oven-Baked Fish D-09 ³ (1 ½ oz cooked fish) 1 piece Pumpkin Pudding B-07 ³ (¼ cup vegetable) ¼ cup apple slices (¼ cup fruit) 1 Corn Muffin A-02 ³ (¾ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	Pita sandwich with 1 oz roasted chicken, ½ oz cheddar cheese, and ¼ cup shredded lettuce (1 ½ oz cooked lean meat, ¼ cup vegetable, 1 slice bread) ¼ cup fresh pear slices (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 piece Mexican Meat Loaf D-04B ³ (1 ½ oz cooked lean meat, ⅛ cup vegetable, ½ slice bread) ¼ cup whole kernel corn (¼ cup vegetable) ¼ cup green beans (¼ cup vegetable) ¾ cup 1% milk ¹ (¾ cup milk)	2 pieces Chicken Nuggets D-09B ³ (1 ½ oz cooked poultry) ¼ cup baked sweet potato fries (¼ cup vegetable) ½ cup Vegetable Soup H-11 ³ (¼ cup vegetable) ½ whole wheat roll (½ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	1 muffin half Tuna Melt F-01 ³ (1 ½ oz cooked lean meat, 1 slice bread) ¼ cup steamed spinach with 1 tsp parmesan cheese (¼ cup vegetable) ¼ cup mixed fruit (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)



Menus for Child Care



<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ oz pretzels with 1 Tbsp peanut butter ⁴ for dipping (½ oz grains/breads, 1 Tbsp peanut butter) Water ⁵	½ turkey sandwich (½ oz cooked poultry, 1 slice bread) Water ⁵	¾ cup Yogurt Fruit Dip G-04 ³ (½ oz cooked lean meat, ¼ cup fruit) ¼ cup apple juice (¼ cup fruit) Water ⁵	1 piece Whole Wheat Muffin Square A-11A ³ (1 slice bread) ½ oz string cheese (½ cheese) Water ⁵	½ cup fresh orange sections (½ cup fruit) 1 granola bar (½ oz grains/breads) Water ⁵
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³*USDA Recipes for Child Care*. Available online at www.nfsmi.org.

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Menus for Child Care



Week 12 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup fresh strawberries (½ cup fruit) ¼ cup oatmeal (¼ cup cooked cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup mixed fruit (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup pears (½ cup fruit) 1 Oven-Baked Pancake A-06 ² (1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) ½ slice whole wheat toast with 1 tsp all-fruit spread (½ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh apple slices (½ cup fruit) 1 Baked Whole Wheat Doughnut A-07 ² (1 ¼ slice 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	½ grilled cheese sandwich (1 oz cheese, 1 slice bread) ⅛ cup black beans (⅛ cup beans) ½ cup grape halves (½ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 serving Taco Salad E-13 ² (2 oz cooked lean meat, ¾ cup vegetable, 1 slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	1 piece Pizza with Cheese Topping D-23A ² (1 ½ oz cheese, ⅛ cup vegetable, 1 ½ slices bread) ¼ cup fresh pear slices (¼ cup fruit) ¼ cup shredded lettuce and carrots (¼ cup vegetable) ¾ cup 1% milk ¹ (¾ cup milk)	1 piece Chicken Pot Pie D-11 ² (1 ½ oz cooked lean meat, ¼ cup vegetable, 1 ¾ slice bread) ¼ cup pineapple tidbits (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 Tortilla Roll-Up F-07 ² (1 ½ oz cooked lean meat, 1 slice bread) ¼ cup steamed broccoli and cauliflower (¼ cup vegetable) ⅓ cup Waldorf Fruit Salad E-14 ² (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)



Menus for Child Care



<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	½ whole-grain English muffin with ½ oz melted cheddar cheese (1 slice bread, ½ oz cheese) Water ³	2 oz lowfat yogurt (2 oz yogurt) ½ cup fresh orange sections (½ cup fruit) Water ³	½ cup broccoli florets and carrot sticks ⁴ with Ranch Dressing E-18 ² (½ cup vegetable) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) Water ³	1 Blueberry Muffin A-03 ² (1 ¼ slices bread) ½ cup 1% milk ¹ (½ cup milk) Water ³	½ cup apricot halves (½ cup fruit) ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water ³
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³Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

⁴Lightly steaming broccoli may make it easier to eat for small children.

