

# Child Care Menu wk1



|                         | 1-2 YRS | 3-5 YRS | MONDAY                 | TUESDAY                  | WEDNESDAY              | THURSDAY                 | FRIDAY                 |
|-------------------------|---------|---------|------------------------|--------------------------|------------------------|--------------------------|------------------------|
| <b>BREAKFAST</b>        |         |         |                        |                          |                        |                          |                        |
| Milk                    | ½ cup   | ¾ cup   | Whole Milk/1% Milk     | Whole Milk/1% Milk       | Whole Milk/1% Milk     | Whole Milk/1% Milk       | Whole Milk/1% Milk     |
| Grains or Meat/Meat Alt | 1 oz    | 1.5 oz  | WGR Scooters           | WW Bagel                 | Rice Krispies          | WGR Muffin               | Corn Flakes            |
| Vegetable and/or Fruit  | ½ oz eq | ½ oz eq | Unsweetened Applesauce | Nectarine                | Orange                 | Plum                     | Apple                  |
| Extra                   |         |         |                        | Jelly                    |                        | Trans Fat Free Margarine |                        |
| <b>LUNCH</b>            |         |         |                        |                          |                        |                          |                        |
| Milk                    | ½ cup   | ¾ cup   | Whole Milk/1% Milk     | Whole Milk/1% Milk       | Whole Milk/1% Milk     | Whole Milk/1% Milk       | Whole Milk/1% Milk     |
| Meat / Meat Alternate   | 1 oz    | 1.5 oz  | Vegetarian Lasagna     | Sliced Turkey with Gravy | Hamburger              | Chicken Parmesan         | Fish Stick             |
| Grains / Bread          | ½ oz eq | ½ oz eq | WW Bread               | WW Couscous              | WW Bun                 | WW Pasta                 | Brown Rice             |
| Vegetable               | 1/8 cup | ¼ cup   | Broccoli               | Spinach                  | Carrots                | Italian Blend Veggies    | Peas                   |
| Fruit                   | 1/8 cup | ¼ cup   | Orange                 | Peach                    | Pear                   | Nectarine                | Unsweetened Applesauce |
| Extra                   |         |         |                        |                          | Ketchup                |                          |                        |
| <b>PM SNACK</b>         |         |         |                        |                          |                        |                          |                        |
| Milk                    | ½ cup   | ¾ cup   |                        |                          |                        | Whole Milk/1% Milk       |                        |
| Meat / Meat Alt         | ½ oz    | ½ oz    |                        |                          | Plain Yogurt           |                          | Sunflower Butter       |
| Grains / Bread          | ½ oz eq | ½ oz eq | WGR Cheez-Its          | WGR Muffin               |                        | Graham Crackers          | WW Bread               |
| Vegetable               | ½ cup   | ½ cup   |                        |                          |                        |                          |                        |
| Fruit                   | ½ cup   | ½ cup   | Plum                   | 100% Orange Juice        | Unsweetened Applesauce |                          |                        |

Fruit subject to change based on availability.