

Child Care Menu wk1



	1-2 YRS	3-5 YRS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Am Snack							
Milk	½ cup	¾ cup	Whole Milk/1% Milk		Whole Milk/1% Milk	Whole Milk/1% Milk	
Grains or Meat/Meat Alt	½ oz eq	½ oz eq	Crispy Rice Cereal	WGR Muffin	Bran Flakes	WGR Scooters Cereal	WW Mini Roll
Vegetable and/or Fruit	¼ cup	½ cup		100% Orange Juice			100% Orange Pineapple Juice
LUNCH							
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	WGR Lasagna	Chicken Nuggets	Beef Burger	Chicken	Baked Fish
Grains / Bread	½ oz eq	½ oz eq	WW Pasta in Lasagna	WW Nugget Breading	WW Roll	Yellow Rice	White Rice
Vegetable	1/8 cup	¼ cup	Asian Blend Veggies	Red Potatoes	Spinach	Broccoli	Oriental Blend
Vegetable or Fruit	1/8 cup	¼ cup	Orange	Apple	Unsweetened Applesauce	Plum	Clementine
PM SNACK							
Milk	½ cup	¾ cup			Whole Milk/1% Milk		
Meat / Meat Alt	½ oz	½ oz		Fruit Yogurt			
Grains / Bread	½ oz eq	½ oz eq	WGR Cheez-It Crackers		WGR Wheat Thins	WGR Jungle Crackers	Graham Crackers
Vegetable	½ cup	½ cup					
Vegetable or Fruit	½ cup	½ cup	100% Apple Juice	Plum		100% Orange Pineapple Juice	Unsweetened Applesauce

Meals are modified based on individual dietary requirements.

Child Care Menu wk2



	1-2 YRS	3-5 YRS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Am Snack							
Milk	½ cup	¾ cup	Whole Milk/1% Milk		Whole Milk/1% Milk	Whole Milk/1% Milk	
Grains or Meat/Meat Alt	½ oz eq	½ oz eq	WGR Scooters Cereal	WGR Muffin	WW Mini Bagel	Crispy Rice Cereal	Low Fat Fruit Yogurt
Vegetable and/or Fruit	½ oz eq	½ oz eq		100% Orange Juice			Nectarine
LUNCH							
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	WGR Ravioli	Burger	Chicken & Beef Meatballs	Turkey Stir Fry	Chicken Patty
Grains / Bread	½ oz eq	½ oz eq	Pasta in Ravioli	WW Bun	WW Roll	Yellow Rice	WW Bread
Vegetable	1/8 cup	¼ cup	Broccoli	Mixed Veggies	Italian Blend	Oriental Blend	Peas & Carrots
Vegetable or Fruit	1/8 cup	¼ cup	Pear	Apple	Unsweetened Applesauce	Nectarine	Unsweetened Applesauce
PM SNACK							
Milk	½ cup	¾ cup			Whole Milk/1% Milk		
Meat / Meat Alt	½ oz	½ oz		Fruit Yogurt			
Grains / Bread	½ oz eq	½ oz eq	WGR Cheez-It Crackers		WGR Wheat Thins	WGR Jungle Crackers	Graham Crackers
Vegetable	½ cup	½ cup					
Vegetable or Fruit	½ cup	½ cup	100% Apple Juice	Plum		100% Orange Pineapple Juice	Unsweetened Applesauce

Meals are modified based on individual dietary requirements.

Child Care Menu wk3



	1-2 YRS	3-5 YRS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Am Snack							
Milk	½ cup	¾ cup	Whole Milk/1% Milk			Whole Milk/1% Milk	
Grains or Meat/Meat Alt	½ oz eq	½ oz eq	WGR Scooters Cereal	WGR Muffin	WW Mini Roll	Crispy Rice Cereal	Low Fat Fruit Yogurt
Vegetable and/or Fruit	½ oz eq	½ oz eq		100% Orange Juice	100% Apple Juice		Tangerine
LUNCH							
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	Stuffed Shells	BBQ Chicken	LF Mac and Cheese	Stewed Chicken	Hamburger
Grains / Bread	½ oz eq	½ oz eq	WGR Pasta Shells	White Rice	WGR Elbow Pasta	Yellow Rice	WW Bun
Vegetable	1/8 cup	¼ cup	Broccoli	Peas	Spinach	Mixed Veggies	Roasted Potatoes
Vegetable or Fruit	1/8 cup	¼ cup	Tangerine	Apple	Unsweetened Applesauce	Nectarine	Plum
PM SNACK							
Milk	½ cup	¾ cup			Whole Milk/1% Milk		
Meat / Meat Alt	½ oz	½ oz		Fruit Yogurt			
Grains / Bread	½ oz eq	½ oz eq	WGR Cheez-It Crackers		WGR Wheat Thins	WGR Jungle Crackers	Graham Crackers
Vegetable	½ cup	½ cup					
Vegetable or Fruit	½ cup	½ cup	100% Apple Juice	Pear		100% Orange Pineapple Juice	Unsweetened Applesauce

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