

Weekly Menu – Waverly Child Care and Preschool

Month – May Year – 2017

Menu children 1-12 years of age

Meal Patterns	AGE GROUP	Monday Date – 22	Tuesday Date - 23	Wednesday Date - 24	Thursday Date - 25	Friday Date - 26
Breakfast 1. Grain/Bread 2. Juice, fruit, vegetable 3. Milk or fluid 4. Other snack	Babies, Tots, 2s	Life Skim or Whole Milk Applesauce Cups Water	French Toast Sticks Skim or Whole Milk Fresh Bananas Water	Breakfast Bars Skim or Whole Milk Peach Cups Water	Breakfast Pizza Apple Juice Boxes Skim or Whole Milk Water	Mixed Cereal Skim or Whole Milk Applesauce Cups Water
	3's, 3-4's, 4's, 5's	Life Skim Milk Applesauce Cups Water	French Toast Sticks Skim Milk Fresh Bananas Water	Breakfast Bars Skim Milk Peach Cups Water	Breakfast Pizza Apple Juice Boxes Skim Milk Water	Mixed Cereal Skim Milk Applesauce Cups Water
A.M. Snack (Select two of these four components) 1. Milk or fluid 2. Juice, fruit, vegetable 3. Grain/Bread 4. Other snack	Babies, Tots, 2's	Graham Crackers Skim or Whole Milk Water	Nutri-Grain Bars Apple Juice Boxes Water	Multi-Grain Cheerios Skim or Whole Milk Water	Cheese Bread On whole Grain Bun Water	Cooked Carrots Graham Crackers Water
	3's, 3-4's, 4's, 5's	Graham Crackers Skim Milk Water	Nutri-Grain Bars Apple Juice Boxes Water	Multi-Grain Cheerios Skim Milk Water	Cheese Bread On whole Grain Bun Water	Carrots w/Ranch Wheat Thins Water
Lunch 1. Meat, Meat alternate 2. Vegetable or fruit 3. 2 nd Vegetable, fruit 4. Grain/Bread 5. Milk or fluid 6. Other food	Babies, Tots, 2's	Hot Dog On Whole Grain Bun Fresh Bananas Cooked Carrots Potato Chips Skim or Whole Milk Water Fruit Snacks	Sloppy Joes on a Whole Wheat Bun Applesauce Sweet Potato Fries Skim Milk Water	Chicken Sandwich On Whole Grain Bun Diced Peaches Steamed Broccoli Skim or Whole Milk Water	Hamburger Chili mac W/Whole Grain Noodles Cinnamon Rolls Diced Pears Peas Skim or Whole Milk Water	Macaroni and Cheese Cheese Sandwich On Whole Grain Bread Broccoli/Cauliflower Mandarin Oranges Skim or Whole Milk Water
	3's, 3-4's, 4's, 5's	Hot Dog On Whole Grain Bun Fresh Bananas Baby Carrots w/Ranch Potato Chips Skim Milk Water Fruit Snacks	Sloppy Joes on a Whole Wheat Bun Fresh Apples Sweet Potato Fries Skim Milk Water	Chicken Sandwich On Whole Grain Bun Diced Peaches Steamed Broccoli Skim Milk Water	Hamburger Chili mac w/Whole Grain Noodles Cinnamon Rolls Diced Pears Peas Skim Milk Water	Macaroni and Cheese Cheese Sandwich On Whole Grain Bread Broccoli/Cauliflower Mandarin Oranges Skim or Whole Milk Water
P.M. Snack (Select two of these four components) 1. Milk or fluid 2. Juice, fruit, vegetable 3. Grain/Bread 4. Meat, meant alternate	Babies, Tots, 2's	Animal Crackers Grape Juice Boxes Water	1% Blueberry Yogurt Vanilla Wafers Water	Homemade Chocolate Chip Cookies Skim or Whole Milk Water	Cheese Quesadillas On Flour Tortilla Water	Cheese Crackers Sliced Cheese Water
	3's, 3-4's, 4's, 5's	Animal Crackers Grape Juice Boxes Water	1% Blueberry Yogurt Vanilla Wafers Water	Homemade Chocolate Chips Cookies Skim Milk Water	Salsa Corn Chips Water	Cheese Crackers Sliced Cheese Water
	Grade School ASC	Animal Crackers Grape Juice Boxes Water	1% Blueberry Yogurt Vanilla Wafers Water	Homemade Chocolate Chip Cookies Skim Milk Water	Salsa Corn Chips Water	Cheese Crackers Sliced Cheese Water

Use these codes: (N) Nutrition activity, (A) Vitamin A food, (B) Cooked dried beans or peas, (C) Vitamin C food, (I) Iron source (S) Seasonal Food, (F) Fresh, (HM) Homemade
 Toddlers ages 1-2 years of age should receive whole milk, 2 and up receive 1% milk, children up to age 4 may require texture or substitutions of some food to avoid choking.