


Weekly Menu – Waverly Child Care and Preschool
Menu children 1-12 years of age

Month - May/June Year – 2017

Meal Patterns	AGE GROUP	Monday Date – 29	Tuesday Date - 30	Wednesday Date - 31	Thursday Date - 1	Friday Date - 2
Breakfast 1. Grain/Bread 2. Juice, fruit, vegetable 3. Milk or fluid 4. Other snack	Babies, Tots, 2s		Breakfast Bars Apple Juice Boxes Skim or Whole Milk Water	Whole Grain Cinnamon Sugar Toast Peach Cups Sim or Whole Milk Water	Life Peach Cups Skim or Whole Milk Water	Breakfast Bars Skim or Whole Milk Orange Juice boxes Water
	3's, 3-4's, 4's, 5's		Breakfast Bars Apple Juice Boxes Skim Milk Water	Whole Grain Cinnamon Sugar Toast Peach Cups Skim Milk Water	Life Peach Cups Skim Milk Water	Breakfast Bars Skim Milk Orange Juice Boxes 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	Vanilla Wafers Applesauce Water	Whole Grain Crackers Cheese Water	Life Skim or Whole Milk Water
	3's, 3-4's, 4's, 5's		Graham Crackers Skim Milk Water	Vanilla Wafers Applesauce Water	Triscuits Cheese Water	Life Skim Milk 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	Closed for Memorial Day 	Cheese Quesadillas On Flour Tortilla Mixed Veggies Seasoned Rice Diced Pineapple Skim or Whole Milk Water Fruit Snacks	Tuna and Egg Noodles Cheese Sandwich On Whole Grain Bread Diced Pears Peas Skim or Whole Milk Water	Homemade Waffles Scrambled Eggs and Sausage Mandarin Oranges Hashbrowns Skim or Whole Milk Water	Ham and cheese Wheat Crackers Mixed Veggies Hard Boiled Egg Applesauce Skim or Whole Milk Water
	3's, 3-4's, 4's, 5's		Cheese Quesadillas On Flour Tortilla Mixed Greens Seasoned Rice Diced Pineapple Skim or Whole Milk Water Fruit Snacks	Tuna and Egg Noodles Cheese Sandwich On Whole Grain Bread Diced Pears Peas Skim or Whole Milk Water	Homemade Waffles Scrambled Eggs and Sausage Mandarin Oranges Hashbrowns Skim or Whole Milk Water	Chef Salad w/Mixed Greens Ham and cheese Wheat Crackers Hard Boiled Egg Applesauce 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		2% Cottage Cheese Diced Peaches Water	Sugar Cookies Skim or Whole Milk Water	Breakfast Bars Apple Juice Boxes Water	Whole Grain Crackers Cheese Water
	3's, 3-4's, 4's, 5's		2% Cottage Cheese Diced Peaches Water	Sugar Cookies Skim Milk Water	Breakfast Bars Apple Juice Boxes Water	Wheat Thins Cheese Water
	Grade School ASC		2% Cottage Cheese Diced Peaches Water	Sugar Cookies Skim Milk Water	Breakfast Bars Apple Juice Boxes Water	Wheat Thins 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.