

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

Month

January

2025

Meal Patterns	AGE GROUP	Monday Date – 20	Tuesday Date - 21	Wednesday Date – 22	Thursday Date - 23	Friday Date - 24
Breakfast 1. Grain/Bread 2. Juice, fruit, vegetable 3. Milk or fluid 4. Other snack	Babies, Tots, 2s	Cereal, Applesauce, Whole/Skim Milk, Water	Egg and Cheese on WG Bread, Bananas, Whole/Skim Milk, Water	WG Waffles, Diced Pears, Whole/Skim Milk, Water	French Toast Sticks, Diced Peaches, Whole/Skim Milk, Water	WG Bagels w/ Cream Cheese, Blueberries, Whole/Skim Milk, Water
A.M. Snack (Select two of these four components) 1. Milk or fluid 2. Juice, fruit, vegetable 3. Grain/Bread 4. Meat, meat alternate	3's, 3-4's, 4's, 5's	Cereal, Applesauce, Skim Milk, Water	Egg and Cheese on WG Bread, Bananas, Skim Milk, Water	WG Waffles, Diced Pears, Skim Milk, Water	French Toast Sticks, Diced Peaches, Skim Milk, Water	WG Bagels w/ Cream Cheese, Blueberries, 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	Goldfish Crackers, Whole/Skim Milk, Water	Cheese Quesadillas, Water	Diced Carrots, WG Crackers, Water	Ranch Crackers, Whole/Skim Milk, Water	1% Yogurt, Blueberries, Water
	3's, 3-4's, 4's, 5's	Goldfish Crackers, Skim Milk, Water	Cheese Quesadillas, Water	Baby Carrots, WG Crackers, Water	Ranch Crackers, Skim Milk, Water	1% Yogurt, Blueberries, Water
	Babies, Tots, 2's	Hamburgers on WG Bun, Baked Beans, Potato Chips, Bananas, Whole/Skim Milk, Water	Beef and Noodles, Corn, Diced Pears, Whole/Skim Milk, Water	Mini Corn Dogs, Green Beans, Diced Peaches, Whole/Skim Milk, Water	Sloppy Joes on WG Buns, Peas, Applesauce, Whole/Skim Milk, Water	Chicken, Bacon, Ranch Taterot Casserole, Garlic Bread, Mixed Veggies, Pineapple, Whole/Skim Milk, Water
	3's, 3-4's, 4's, 5's	Hamburgers on WG Bun, Baked Beans, Potato Chips, Bananas, Skim Milk, Water	Beef and Noodles, Corn, Diced Pears, Skim Milk, Water	Mini Corn Dogs, Green Beans, Diced Peaches, Skim Milk, Water	Sloppy Joes on WG Buns, Peas, Fresh Apples, Skim Milk, Water	Chicken, Bacon, Ranch Taterot Casserole, Garlic Bread, Mixed Veggies, Pineapple, Skim Milk, Water
P.M. Snack (Select two of these four components) 1. Milk or fluid 2. Juice, fruit, vegetable 3. Grain/Bread 4. Meat, meat alternate	Babies, Tots, 2's	Pretzels, Cheese Slices, Water	Popcorn, Whole/Skim Milk, Water	Animal Crackers, Whole/Skim Milk, Water	Fruit Cocktail, Graham Crackers, Water	Cereal, Whole/Skim Milk, Water
	3's, 3-4's, 4's, 5's	Pretzels, String Cheese, Water	Popcorn, Skim Milk, Water	Animal Crackers, Skim Milk, Water	Fruit Cocktail, Graham Crackers, Water	Salsa, Tortilla Chips, & Water
	Grade School ASC	Pretzels, String Cheese, Water	Popcorn, Skim Milk, Water	Animal Crackers, Skim Milk, Water	Fruit Cocktail, Graham Crackers, Water	Salsa, Tortilla Chips, & 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.