

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

**Month**

**February**

**2025**

<b>Meal Patterns</b>	<b>AGE GROUP</b>	<b>Monday Date – 10</b>	<b>Tuesday Date - 11</b>	<b>Wednesday Date – 12</b>	<b>Thursday Date - 13</b>	<b>Friday Date - 14</b>
<b>Breakfast</b> <b>1. Grain/Bread</b> <b>2. Juice, fruit, vegetable</b> <b>3. Milk or fluid</b> <b>4. Other snack</b>	<b>Babies, Tots, 2s</b>	Cereal, Mandarin Oranges, Whole/Skim Milk, Water	WG Waffles, Applesauce, Whole/Skim Milk, Water	French Toast Sticks, Bananas, Whole/Skim Milk, Water	Egg and Cheese on WG Bread, Mandarin Oranges, Whole/Skim Milk, Water	Banana Muffins, Diced Pears, Whole/Skim Milk, Water
	<b>3's, 3-4's, 4's, 5's</b>	Cereal, Fresh Oranges, Skim Milk, Water	WG Waffles, Applesauce, Skim Milk, Water	French Toast Sticks, Bananas, Skim Milk, Water	Egg and Cheese on WG Bread, Mandarin Oranges, Skim Milk, Water	Banana Muffins, Diced Pears, Whole/Skim Milk, Water
<b>A.M. Snack</b> <b>(Select two of these four components)</b> <b>1. Milk or fluid</b> <b>2. Juice, fruit, vegetable</b> <b>3. Grain/Bread</b> <b>4. Meat, meat alternate</b>	<b>Babies, Tots, 2's</b>	Goldfish Crackers, Whole/Skim Milk, Water	Diced Carrots, WG Crackers, Water	Animal Crackers, Whole/Skim Milk, Water	Popcorn, Whole/Skim Milk, Water	Cheese Quesadillas, Water
	<b>3's, 3-4's, 4's, 5's</b>	Goldfish Crackers, Skim Milk, Water	Sweet Peppers, WG Crackers, Water	Animal Crackers, Skim Milk, Water	Popcorn, Skim Milk, Water	Cheese Quesadillas, Water
<b>Lunch</b> <b>1. Meat, Meat alternate</b> <b>2. Vegetable or fruit</b> <b>3. 2<sup>nd</sup> Vegetable, fruit</b> <b>4. Grain/Bread</b> <b>5. Milk or fluid</b> <b>6. Other food</b>	<b>Babies, Tots, 2's</b>	Chicken Patty on WG Bun, French Fries, Broccoli, Applesauce, Whole/Skim Milk, Water	Meatball Casserole w/ WG Noodles, Peas, Bananas, Whole/Skim Milk, Water	Egg Bake w/ Hashbrowns, Ham, and Cheese, WG Breadstick, Green Beans, Mandarin Oranges, Whole/Skim Milk, Water	Chicken, Broccoli, & Cheese Casserole w/ WG Noodles, Garlic Bread, Corn, Diced Pears, Whole/Skim Milk, Water	Pizza Burgers on WG Bun, Mixed Veggies, Fruit Cocktail, Whole/Skim Milk, Water
	<b>3's, 3-4's, 4's, 5's</b>	Chicken Patty on WG Bun, French Fries, Fresh Broccoli, Apples, Whole/Skim Milk, Water	Meatball Casserole w/ WG Noodles, Peas, Bananas, Skim Milk, Water	Egg Bake w/ Hashbrowns, Ham, and Cheese, WG Breadstick, Green Beans, Fresh Oranges, Skim Milk, Water	Chicken, Broccoli, & Cheese Casserole w/ WG Noodles, Garlic Bread, Corn, Diced Pears, Skim Milk, Water	Pizza Burgers on WG Bun, Mixed Veggies, Fruit Cocktail, Skim Milk, Water
<b>P.M. Snack</b> <b>(Select two of these four components)</b> <b>1. Milk or fluid</b> <b>2. Juice, fruit, vegetable</b> <b>3. Grain/Bread</b> <b>4. Meat, meat alternate</b>	<b>Babies, Tots, 2's</b>	Pretzels, Cheese Slices, Water	Cereal, Whole/Skim Milk, Water	2% Cottage Cheese, Diced Peaches, Water	Ranch Crackers, Whole/Skim Milk, Water	Chocolate Chip Cookies, Whole/Skim Milk, Water
	<b>3's, 3-4's, 4's, 5's</b>	Pretzels, String Cheese, Water	Cereal, Skim Milk, Water	2% Cottage Cheese, Diced Peaches, Water	Tortilla Chips and Salsa, Water	Chocolate Chip Cookies, Skim Milk, Water
	<b>Grade School ASC</b>	Pretzels, String Cheese, Water	Cereal, Skim Milk, Water	2% Cottage Cheese, Diced Peaches, Water	Tortilla Chips and Salsa, Water	Chocolate Chip Cookies, Skim Milk, Water

Truck Delivery

Happy Valentines Day!!

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.