

Weekly Menu for Children (5 Day - Week 1)

Week of: _____

Child Care Provider Name: _____

Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
		1 - 2 Years	3 - 5 Years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Fluid	1/2 Cup	3/4 Cup	1 Cup	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
	Vegetable, Fruit or Juice	1/4 Cup	1/2 Cup	1 Cup	Baked Apples with cinnamon	Banana	Cantaloupe Melon	Honeydew Melon	Mixed fruit
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup, 1/3 oz	1/2 Slice, 1/4 Cup, 1/2 oz	1 Slice, 3/4 Cup, 1 oz	Whole Wheat Toast	Cheerios	Whole Grain English Muffin	Kix	Golden Porridge*
Lunch	Milk, Fluid	1/2 Cup	3/4 Cup	1 Cup	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
	Meat or Meat Alternate	1oz, 1/4 Cup, 4 oz	1 1/2 oz, 3/8 Cup, 6 oz	2 oz, 1/2 Cup, 8 oz	Soft Tacos (Lean Ground Beef)	Baked Turkey Breast	Farmer's Harvest Chili* (Kidney Beans)	Limeade Chicken*	Cheesy Pizza Muffin* (Cheese)
	Breads/Grains/Pasta/Rice	1/2 Slice, 1/4 Cup	1/2 Slice, 1/4 Cup	1 Slice, 1/2 Cup	Whole Wheat Tortilla	Whole Grain Dinner Roll	Whole Grain Bread	Brown Rice	Whole Grain English Muffin
	Vegetable or Fruit	1/4 Cup Total	1/2 Cup Total	3/4 Cup Total	Peaches	Fruit Cocktail	Applesauce	Pineapples	Mandarin Oranges
					Romaine lettuce & chopped tomatoes	Baked Sweet Potato	Farmer's Harvest Chili* (Carrot/Onion/pepper/corn/tomato)	Broccoli	Spinach salad
Snack (Select 2)	Milk, Fluid	1/2 Cup	1/2 cup	1 Cup					
	Vegetable, Fruit or Juice	1/2 Cup	1/2 Cup	3/4 Cup	Orange slices			Celery & Dip	Applesauce
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup	1/2 Slice, 1/3 Cup	1 Slice, 3/4 Cup	Mixed Whole Grain Cereal in a bag	Shrunken Sandwich** (WG Crackers)	Granola		Graham crackers
	Meat or Meat Alternative *Yogurt	1/2 oz *2oz	1/2 oz *2oz	1 oz *4oz		Ham & Cheese	Yogurt Cup	Cheese cubes	
Water First for Thirst!					WATER	WATER	WATER	WATER	WATER

* Recipe is available on the back side of the menu

** Recipe is available on the Healthy Children, Healthy Weight Snack List