

Weekly Menu for Children (5 Day - Week 2)

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	Peaches	Banana	Apple Slices	Pears	Pineapple
	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	Cream of Wheat	Corn Chex	Pumpkin Patch Pancakes*	Whole Grain English Muffin	Nutri-Grain Bar
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	Hamburger	Grilled Cheese Sandwich (Cheese)	Cheesy Spaghetti Bake* (Cheese)	Veggie Tuna Melt* (Tuna)	Tortilla Roll-Ups** (Ham & Cheese)
	Breads/Grains/Pasta/Rice	1/2 Slice, 1/4 Cup	1/2 Slice, 1/4 Cup	1 Slice, 1/2 Cup	Whole Grain Bun	Whole Wheat Bread	Whole Wheat Spaghetti Noodles	Veggie Tuna Melt* (Whole Wheat Bread)	Tortilla Roll-Ups** (Whole Wheat Tortilla)
	Vegetable or Fruit	1/4 Cup Total	1/2 Cup Total	3/4 Cup Total	Orange slices	Fruit Cocktail	Pears	Seasonal Fruit Salad	Mandarin Oranges
					Peas	Tomato Soup	Green Beans	Veggie Tuna Melt* (Celery/Carrot/ Onion)	Carrot Sticks
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	Fruit Wheels** (Diced Fruit Mix)	Cucumber Slices & Dip	Watermelon	Strawberry Frozen Yogurt** (Strawberries)	Banana Dog** (Banana)
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup	1/2 Slice, 1/3 Cup	1 Slice, 3/4 Cup	Whole Grain Rice Cakes	Wheat Thins	Graham Crackers		Banana Dog** (Whole Wheat Bun)
	Meat or Meat Alternative *Yogurt	1/2 oz *2oz	1/2 oz *2oz	1 oz *4oz				Yogurt	
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