

Weekly Menu for Children (5 Day - Week 4)

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	Berries	Peaches	Applesauce	Banana	Superstar Breakfast* (apples)
	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	Yogurt Parfaits (Whole Grain Cereal)	Wheaties	Johnny Applesauce Pancakes*	Multigrain Cheerios	Superstar Breakfast* (couscous)
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	Chicken Alfredo with a Twist* (Chicken)	Grilled Chicken Salad	Turkey Sushi Rolls** (Turkey)	Mac & Cheese	Tasty Tenders*
	Breads/Grains/Pasta/Rice	1/2 Slice, 1/4 Cup	1/2 Slice, 1/4 Cup	1 Slice, 1/2 Cup	Whole Wheat Rotini Noodles	Whole Wheat Bread Slice	Turkey Sushi Rolls** (Whole Wheat Tortilla)	Whole Wheat Macaroni Noodles	Whole Grain Roll
	Vegetable or Fruit	1/4 Cup Total	1/2 Cup Total	3/4 Cup Total	Fruit Salad	Mandarin Oranges	Pineapple	Pears	Orange Slices
					Broccoli	Garden Salad	Turkey Sushi Rolls** (Shredded carrots and Spinach)	Peas	Celery Sticks & Dip
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	Apple Slices	Carrot sticks	Cantaloupe Melon	Rainbow Peppers & Dip	Waffle Tacos** (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	Whole Grain Crackers	Whole Grain Waffle
	Meat or Meat Alternative *Yogurt	1/2 oz *2oz	1/2 oz *2oz	1 oz *4oz	Pumpkin Dip**	Hummus**			
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