

Menu A

Weekly Menu for the Week of: _____

Meal	Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	Bananas	Mixed Fruit in Natural Juices	Frozen Blueberries	Peaches in Natural Juice	Applesauce
	Grain/Meat*	1/2 oz eq	1/2 oz eq	Kix Whole Grain Rich Cereal	Whole Wheat Bagels	Cheerios Whole Grain Rich Cereal	Corn Chex Cereal	Whole Wheat Toast with Butter
	Yogurt	1/4 cup	1/2 cup					

*Breakfast includes a Grain or Meat Alternative or Yogurt, Fruit/Vegetable & Milk

LUNCH				Chicken & Broccoli Pesto Pasta	Beef Stroganoff	Ham & Cheese Sandwich	American Chop Suey	Turkey & Rice Casserole
	Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	Broccoli	Frozen Peas	Green Beans	Frozen Carrots	Corn
	Fruit	1/8 cup	1/4 cup	*Fresh Apples Under 2 Canned Apples	Pineapple in Natural Juice	*Fresh Fruit Under 2 Mandarin	*Fresh Fruit Under 2 Pears in Natural Juice	Bananas
	Grain	1/2 oz eq	1/2 oz eq	Pasta	Egg Noodles	Bread	Pasta	Rice
	Meat/Meat Alternative	1 oz	1 1/2 oz	Chicken	Beef	Ham & Cheese	Beef	Turkey

*Lunch includes all 5 components above

SNACK	Fruit	1/2 cup	1/2 cup			*Fresh Fruit Under 2 Bananas		Orange Slices Under 2 Canned Apples
	Vegetable	1/2 cup	1/2 cup	Carrots with Dip Under 3 Softened				
	Grain	1/2 oz eq	1/2 oz eq	Pita Bread	Graham Crackers	Soft Pretzels with Mustard	Whole Grain Rich Crackers	Animal Crackers
	Meat/Meat Alternative	1/2 oz eq	1/2 oz eq				American Cheese	
	Yogurt	2oz	4 oz		Dannon Light & Fit Vanilla			

*Snack includes 2 different components

*Fresh Fruit includes: Apples, Bananas, Oranges, Peaches, Pears, Plums.

Whole Milk for 1 year olds & 1% milk for 2 years old and up.

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