

Menu C

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	*Fresh Fruit Under 2 Canned Apples	*Fresh Fruit Under 2 Bananas	*Fresh Fruit Under 2 Pears in Natural Juices	Applesauce	Strawberries
	Grain/Meat*	1/2 oz eq	1/2 oz eq	Chex Cereal	Kix Grain Rich Cereal	Whole Wheat Toast with Sunbutter	Biscuits	Whole Wheat Bagel with Cream Cheese
	Yogurt	1/4 cup	1/2 cup					

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

			American Chop Suey	Chicken a la King	Pancakes & Egg Patty	Shepard's Pie	Baked Ham & Rice	
LUNCH	Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	Broccoli	Peas	Corn	Corn & Potatoes	Green Beans
	Fruit	1/8 cup	1/4 cup	*Fresh Fruit Under 2 Banana	*Fresh Fruit Under 2 Peaches in Natural Juice	Blueberries	*Fresh Fruit Under 2 Pineapple in Natural Juices	*Fresh Fruit Under 2 Pears in Natural Juices
	Grain	1/2 oz eq	1/2 oz eq	Pasta	Biscuits	Pancakes	Wheat Rich Roll	Rice
	Meat/Meat Alternative	1 oz	1 1/2 oz	Beef	Chicken	Egg Patty	Turkey	Ham

*Lunch includes all 5 components above

SNACK	Fruit	1/2 cup	1/2 cup		*Fresh Fruit Under 2 Mandarin Oranges		Mango	
	Vegetable	1/2 cup	1/2 cup			Broccoli with Dip		
	Grain	1/2 oz eq	1/2 oz eq	Whole Wheat Crackers	Banana Bread	Goldfish		Saltines
	Meat/Meat Alternative	1/2 oz eq	1/2 oz eq	American Cheese				Cheese Stick
	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.

Great Bay Kids is an equal opportunity provider and Employer



