

Menu D

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	Bananas	Mango	Blueberries	*Fresh Fruit Under 2 Pears in Natural Juices
	Grain/Meat*	1/2 oz eq	1/2 oz eq	Cornflakes	Raisin Toast with Sunbutter	Cheerios Wheat Rich Cereal	Chex Cereal	Whole Wheat Bread with Jelly
	Yogurt	1/4 cup	1/2 cup					

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

			Grilled Mac & Cheese	Soft Tacos	Waffles & Sausage	Lazy Lasagna	Sweet & Sour Chicken	
LUNCH	Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	Peas	Corn	Peas	Green Beans	Broccoli
	Fruit	1/8 cup	1/4 cup	*Fresh Fruit Under 2 Pears in Natural Juices	*Fresh Fruit Under 2 Pineapple in Natural Juice	Sliced Strawberries	*Fresh Fruit Under 2 Peaches in Natural Juices	*Fresh Fruit Under 2 Mandarin Oranges
	Grain	1/2 oz eq	1/2 oz eq	Pasta	Tortilla	Waffles	Whole Wheat Pasta	Rice
	Meat/Meat Alternative	1 oz	1 1/2 oz	Chicken & Cheese	Beef & Shredded Cheese	Sausage	Ground Turkey	Chicken

*Lunch includes all 5 components above

SNACK	Fruit	1/2 cup	1/2 cup		*Fresh Fruit Under 2 Peaches in Natural Juice	Bananas	*Fresh Fruit Under 2 Apples in Natural Juices	
	Vegetable	1/2 cup	1/2 cup					*Fresh Fruit Under 2 Mixed Fruit
	Grain	1/2 oz eq	1/2 oz eq	Carrots with Dip Under 3 Softened	Graham Cracker	Goldfish	Muffin Squares	
	Meat/Meat Alternative	1/2 oz eq	1/2 oz eq	Wheat Crackers				Cheese Stick
	Yogurt	2oz	4 oz					

*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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