

FALL / WINTER MENU FORM - DAY CARE CENTER
WEEK 1 ST. VINCENT'S DAY CARE CENTER WRITTEN BY: KATHY MARKET

Aug 29-31/ Sept 1 & 2 2011
 Sept 26-30
 Oct 24-28
 Nov 21-25
 Dec 19-23

6 YEARS
Milk 8 oz
Veg 3/4 C
Fruit
Meat 2 oz
Cereal 3/4 C

3-5 Years
Milk 6 oz
Veg 1/2 c
Fruit
Meat 1 1/2 oz
Cereal 1/2 c

1-2 YEARS
Milk 4 oz
Veg 1/4 C
Fruit
Meat 1 oz
Cereal 1/4 C

2012
Jan 16-20
Feb 20-24

Meal/Snack	Food Group	Monday		Tuesday		Wednesday		Thursday		Friday	
A.M. Snack (6:30 A.M.)	bread or equivalent	Saltines	8	Cheese Nips	20	Townhouse Crackers	8	Graham Crackers	2	Nutra Grain Bar	1
	juice	White Grape Juice	4 oz	Raspberry Juice	4 oz	Cherry Juice	4 oz	Mountainberry Juice	4 oz	Peach Juice	4 oz
Breakfast (9 A.M.)	fruit or juice	Peach Juice	4oz	White Grape Juice	4 oz	Raspberry Juice	4 oz	Cherry Juice	4 oz	Oranges # Juice	1/2 2 oz
	cereal or toast	Cin. Breadstick # Nutra Grain Bar	1/2 1	Jelly/Whole Wheat Toast	1/2 sl	Bagel W/ Cream Cheese *# English Muffin	1/2 sl	Soft Tortilla Shell W/ PB&J	1	Oatmeal	1/4 c
	milk	milk	6 oz	milk	6 oz	milk	6 oz	milk	6 oz	milk	6 oz
Lunch (11 A.M.)	meat, poultry, fish, eggs, etc	Grilled Chicken Breast	1 1/2 oz	Burrito	1 1/2 oz	Hamburger W/ Ketchup	1 1/2 oz	Grilled Cheese Sandwich	1 1/2 oz	Great Northern Beans & Ham	1 1/2 oz
	vegetable	Peas	1/4 c	Greenbeans	1/4 c	Banana	1/2	Mixed Veggies	1/4 c	Diced Cooked Carrots (A)	1/4 c
	vegetable or fruit	Diced Peaches(A)	1/4 c	Apple #Applesauce	1/2 1 oz	Corn on the Cob #* Cream Corn	1 1 oz	Oranges #* Manderine Oranges	1/2 1 oz	Raisins #* Diced Pears	1/4 c 1 oz
	bread, rice or pasta	Whole Wheat Bread	1/2 sl	Soft Tortilla Shell	1	Whole Wheat Bun	1/2	Whole Wheat Bread	1 sl	Corn Bread Muffin	1
	milk	milk	6 oz	milk	6 oz	milk	6 oz	milk	6 oz	milk	6 oz
P.M. Snack (2 P.M.)	bread or equivalent	Animal Crackers Applesauce	10-12 1/4 c	Vanilla Wafers Yogurt	10-12 1/4 c	Giant Goldfish Raisin *#Juice	2 1/4 c 4 oz	Cheese Nips	20	Sl. Cheese Townhouse	1 sl 8
	milk	Water	6oz	Water	6 oz	Water	6 oz	Apple Juice	4 oz	Water	6 oz

*Toddler menu

Infant menu=infants served formula and food according to pediatricians orders

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 Division of School and Community Nutrition Programs
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