

FALL / WINTER MENU FORM-DAY CARE CENTER
 WEEK 4 ST. VINCENT'S DAY CARE CENTER WRITTEN BY: KATHY MARKET

Sept 19-23 2011
 Oct 17-21
 Nov 14-18
 Dec 12-16

6 YEARS
Milk 8 oz
Vea 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
Vea 1/4 C
Fruit
Meat 1 oz
Cereal 1/4 C

2012
Jan 9-13
Feb 13-17

Meal/Snack	Food Group	Monday		Tuesday		Wednesday		Thursday		Friday	
A.M. Snack (6:30 A.M.)	bread or equivalent	Saltines	8	Scooby Doo Snacks	1/4 c	Cheese Nips	20	Giant Goldfish Crackers	2	Townhouse Crackers	8
	juice	Peach Juice	4 oz	Cherry Juice	1/4 c	Mountain Berry Juice	1/4 c	White Grape Juice	1/4 c	Raspberry Juice	1/4 c
Breakfast (9 A.M.)	fruit or juice	Cherry Juice	4 oz	Mountain Berry Juice	1/4 c	White Grape Juice	1/4 c	Raspberry Juice	1/4 c	Peach Juice	1/4 c
	cereal or toast	Nutra Grain Bar	1	Whole Wheat Toast/Cin	1/2 sl	Muffins	1	Biscuits/Jelly	1/2	Cin/ Roll	1/2
	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.	Chicken-n-Dumplings with-Extra Chicken	2 oz	Sausage & Cheese Pizza	1 1/2 oz	Cod Fish Sticks #* Diced Ham Ketchup	1 1/2 oz 1 oz	Beef Tacos W/ Cheese	1 oz 1 oz	Ravioli W/ Extra Ground Beef	1 1/2 oz
	vegetable	Broccoli (A)	1/4 c	Greenbeans	1/4 c	Corn #*Cream Corn	1/4 c 1 oz	Diced Tomatoes #*Diced Potatoes	1/4 c 1 oz	Peas	1/4 c
	vegetable or fruit	Oranges #* Mandarin Oranges	1/2 1 oz	Banana	1/2	Diced Canned Peaches (A)	1/4 c	Corn #* Mixed Vegetables	1/4c 1 oz	Raisins #*Mixed Fruit	1/4 c 1 oz
	bread, rice or pasta	Dumplin	1/4 c	Crust	2" square	Whole Wheat Bread	1/2 sl	Soft Tortilla Shell	1	Pasta	1/4 c
	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	Apple Scooby Doo Snacks	1/2 1/4 c	Vanilla Wafers Yogurt	10-12 1/4 c	Giant Goldfish Crackers Raisins #* Juice	2 1/4 c 2 oz	Cheese Nips	20	SI Cheese Saltines	1 oz 8
	milk	Water	6 oz.	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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