



# Middle River Baptist Church Child Development Center

## Weekly Menu Plan

June 1-3, 2016

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast (Served from 7:30 – 8:00 AM)</b>					
Fluid Milk*			4-6 oz. milk	4-6 oz. milk	4-6 oz. milk
Fruit, Vegetable, or juice			4 oz. orange juice	4 oz. orange juice	4 oz. orange juice
Bread/Cereal			½ c. cereal	Blueberry muffin	½ c. cereal
<b>AM Snack (Served @ 10:00 – 10:30 AM)</b>					
Fluid Milk			4-6 oz. milk	4-6 oz. milk	4-6 oz. milk
Fruit, Vegetable, or juice			½ banana	½ c. watermelon	½ c. raisins
Meat/Alternate					
Bread/Grain***					
<b>Lunch (Served @ 12:00 – 12:30 PM)</b>					
Fluid Milk*			4-6 oz. milk	4-6 oz. milk	4-6 oz. milk
Main Course			Macaroni & cheese	Beef tacos	Turkey/cheese sandwich
Meat/Alternate**			1 – 1 ½ oz. cheese	1 – 1 ½ oz. ground beef	1 – 1 ½ oz. turkey/cheese
Fruit or vegetable			¼ - ½ c. peas	¼ - ½ c. corn	¼ - ½ c. carrots
Fruit or vegetable			¼ - ½ c. fruit cocktail	¼ - ½ c. pears	¼ - ½ c. pineapple chunks
Bread/Pasta/Rice/Potato			½ c. pasta	1 corn tortilla	1-2 slices bread
<b>PM Snack (Served @ 3:00 – 3:30 PM)</b>					
Fluid Milk			4-6 oz. milk	4-6 oz. milk	4-6 oz. milk
Fruit, Vegetable, or juice			½ c. fruit in Jell-O		
Meat/Alternate					
Bread/Grain***				½ c. trail mix	½ c. pretzels

\*Fluid Milk – Children under two years of age are served whole milk; children two years of age and older are served 1% milk.

\*\*Meat alternates include cheese, large egg, dried beans & peas, or yogurt.

\*\*\*Water is available to children throughout the day and is served with snacks when no other beverage is served.



# Middle River Baptist Church Child Development Center

## Weekly Menu Plan

### June 6-10, 2016

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast (Served from 7:30 – 8:00 AM)</b>					
<b>Fluid Milk*</b>	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk
<b>Fruit, Vegetable, or juice</b>	4 oz. orange juice	4 oz. orange juice	4 oz. orange juice	4 oz. orange juice	4 oz. orange juice
<b>Bread/Cereal</b>	½ c. cereal	Pancakes	½ c. cereal	Toast	½ c. cereal
<b>AM Snack (Served @ 10:00 – 10:30 AM)</b>					
<b>Fluid Milk</b>	4-6 oz. milk	4-6 oz. milk		4-6 oz. milk	
<b>Fruit, Vegetable, or juice</b>		½ c. sliced grapes			½ c. tomato salsa
<b>Meat/Alternate</b>			½ oz. sliced cheese		
<b>Bread/Grain***</b>	½ c. animal crackers		2-4 saltine crackers	2-4 orange wedges	½ c. tortilla chips
<b>Lunch (Served @ 12:00 – 12:30 PM)</b>					
<b>Fluid Milk*</b>	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk
<b>Main Course</b>	Spaghetti w/ meat sauce	Beef Stew	Chicken salad sandwich	Sloppy Joes	Cheese Ravioli
<b>Meat/Alternate**</b>	1 – 1 ½ oz. ground beef	1 – 1 ½ oz. stew beef	1 – 1 ½ oz. chicken	1 – 1 ½ oz. ground beef	1 – 1 ½ oz. cheese
<b>Fruit or vegetable</b>	¼ - ½ c. green beans	¼ - ½ c. mixed veggies	¼ - ½ c. cucumbers	¼ - ½ c. corn	¼ - ½ c. cooked carrots
<b>Fruit or vegetable</b>	¼ - ½ c. peaches	¼ - ½ c. oranges	¼ - ½ c. fruit cocktail	¼ - ½ c. pears	¼ - ½ c. pineapple
<b>Bread/Pasta/Rice/Potato</b>	½ c. pasta	Saltine crackers	1-2 slices bread	½ - 1 hamburger bun	½ c. pasta
<b>PM Snack (Served @ 3:00 – 3:30 PM)</b>					
<b>Fluid Milk</b>	4-6oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk
<b>Fruit, Vegetable, or juice</b>					
<b>Meat/Alternate</b>					
<b>Bread/Grain***</b>	1 oatmeal cookie	½ c. goldfish crackers	2-4 graham crackers	½ c. trail mix	½ c. pretzels

\***Fluid Milk** – Children under two years of age are served whole milk; children two years of age and older are served 1% milk.

\*\***Meat alternates** include cheese, large egg, dried beans & peas, or yogurt.

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# Middle River Baptist Church Child Development Center

## Weekly Menu Plan

June 13-17, 2016

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast (Served from 7:30 – 8:00 AM)</b>					
<b>Fluid Milk*</b>	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk
<b>Fruit, Vegetable, or juice</b>	4 oz. orange juice	4 oz. orange juice	4 oz. orange juice	4 oz. orange juice	4 oz. orange juice
<b>Bread/Cereal</b>	½ c. cereal	Pancakes	½ c. cereal	Toast	½ c. cereal
<b>AM Snack (Served @ 10:00 – 10:30 AM)</b>					
<b>Fluid Milk</b>	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk
<b>Fruit, Vegetable, or juice</b>	2-4 orange wedges	½ banana	½ c. sliced grapes	½ c. sliced cucumbers	½ c. cubed watermelon
<b>Meat/Alternate</b>					
<b>Bread/Grain***</b>					
<b>Lunch (Served @ 12:00 – 12:30 PM)</b>					
<b>Fluid Milk*</b>	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk
<b>Main Course</b>	Meat loaf	Ranch Chicken Casserole	Turkey/cheese sandwich	Beef w. gravy over rice	Barbeque Chicken
<b>Meat/Alternate**</b>	1 – 1 ½ oz. ground beef	1 – 1 ½ oz. chicken	1 – 1 ½ oz. Turkey/cheese	1 – 1 ½ oz. ground beef	1 – 1 ½ oz. chicken
<b>Fruit or vegetable</b>	¼ - ½ c. mixed veggies	¼ - ½ c. mixed veggies	¼ - ½ c. cucumbers	¼ - ½ c. peas	¼ - ½ c. cooked carrots
<b>Fruit or vegetable</b>	¼ - ½ c. peaches	¼ - ½ c. oranges	¼ - ½ c. fruit cocktail	¼ - ½ c. pears	¼ - ½ c. pineapple
<b>Bread/Pasta/Rice/Potato</b>	½ c. mashed potatoes	½ c. tortilla chips	1-2 slices bread	½ c. rice	½ c. parsley potatoes
<b>PM Snack (Served @ 3:00 – 3:30 PM)</b>					
<b>Fluid Milk</b>	4-6oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	
<b>Fruit, Vegetable, or juice</b>	½ c. fruit in Jell-O				½ c. mixed fruit
<b>Meat/Alternate</b>					½ c. frozen yogurt
<b>Bread/Grain***</b>		½ c. goldfish crackers	2-4 graham crackers	½ c. trail mix	

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# Middle River Baptist Church Child Development Center

## Weekly Menu Plan

### June 20-24, 2016

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast (Served from 7:30 – 8:00 AM)</b>					
<b>Fluid Milk*</b>	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk
<b>Fruit, Vegetable, or juice</b>	4 oz. orange juice	4 oz. orange juice	4 oz. orange juice	4 oz. orange juice	4 oz. orange juice
<b>Bread/Cereal</b>	½ c. cereal	Pancakes	½ c. cereal	Toast	½ c. cereal
<b>AM Snack (Served @ 10:00 – 10:30 AM)</b>					
<b>Fluid Milk</b>	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	
<b>Fruit, Vegetable, or juice</b>	½ c. cubed watermelon	½ c. sliced cucumbers	2-4 orange wedges	½ c. cubed cantaloupe	
<b>Meat/Alternate</b>					½ oz. sliced cheese
<b>Bread/Grain***</b>					2-4 saltine crackers
<b>Lunch (Served @ 12:00 – 12:30 PM)</b>					
<b>Fluid Milk*</b>	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk
<b>Main Course</b>	Chicken Spaghetti	Cheesy Beef Casserole	Tuna salad sandwich	Macaroni & cheese	Sloppy Joes
<b>Meat/Alternate**</b>	1 – 1 ½ oz. chicken	1 – 1 ½ oz. ground beef	1 – 1 ½ oz. Tuna	1 – 1 ½ oz. cheese	1 – 1 ½ oz. ground beef
<b>Fruit or vegetable</b>	¼ - ½ c. mixed veggies	¼ - ½ c. corn	¼ - ½ c. carrots	¼ - ½ c. cauliflower	¼ - ½ c. corn
<b>Fruit or vegetable</b>	¼ - ½ c. peaches	¼ - ½ c. oranges	¼ - ½ c. fruit cocktail	¼ - ½ c. pears	¼ - ½ c. pineapple
<b>Bread/Pasta/Rice/Potato</b>	½ c. pasta	½ c. egg noodles	1-2 slices bread	½ c. pasta	½ - 1 hamburger bun
<b>PM Snack (Served @ 3:00 – 3:30 PM)</b>					
<b>Fluid Milk</b>	4-6oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk
<b>Fruit, Vegetable, or juice</b>	½ c. banana in pudding				
<b>Meat/Alternate</b>					
<b>Bread/Grain***</b>		½ c. goldfish crackers	2-4 graham crackers	½ c. trail mix	½ c. pretzels

\***Fluid Milk** – Children under two years of age are served whole milk; children two years of age and older are served 1% milk.

\*\***Meat alternates** include cheese, large egg, dried beans & peas, or yogurt.

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# Middle River Baptist Church Child Development Center

## Weekly Menu Plan

### June 27-30, 2016

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast (Served from 7:30 – 8:00 AM)</b>					
<b>Fluid Milk*</b>	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	
<b>Fruit, Vegetable, or juice</b>	4 oz. orange juice	4 oz. orange juice	4 oz. orange juice	4 oz. orange juice	
<b>Bread/Cereal</b>	½ c. cereal	Pancakes	½ c. cereal	Toast	
<b>AM Snack (Served @ 10:00 – 10:30 AM)</b>					
<b>Fluid Milk</b>	4-6 oz. milk		4-6 oz. milk	4-6 oz. milk	
<b>Fruit, Vegetable, or juice</b>		½ c. tomato salsa	½ banana	½ c. sliced grapes	
<b>Meat/Alternate</b>					
<b>Bread/Grain***</b>	½ c. animal crackers	½ c. tortilla chips			
<b>Lunch (Served @ 12:00 – 12:30 PM)</b>					
<b>Fluid Milk*</b>	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	
<b>Main Course</b>	Baked ziti	Beef stew	Egg salad sandwich	Cheese Ravioli	
<b>Meat/Alternate**</b>	1 – 1 ½ oz. ground beef	1 – 1 ½ oz. stew beef	1 large egg	1 – 1 ½ oz. cheese	
<b>Fruit or vegetable</b>	¼ - ½ c. green beans	¼ - ½ c. mixed veggies	¼ - ½ c. carrots	¼ - ½ c. broccoli	
<b>Fruit or vegetable</b>	¼ - ½ c. peaches	¼ - ½ c. pears	¼ - ½ c. fruit cocktail	¼ - ½ c. oranges	
<b>Bread/Pasta/Rice/Potato</b>	½ c. pasta	Saltine crackers	1-2 slices bread	½ c. pasta	
<b>PM Snack (Served @ 3:00 – 3:30 PM)</b>					
<b>Fluid Milk</b>	4-6oz. milk	4-6 oz. milk	4-6 oz. milk	4-6 oz. milk	
<b>Fruit, Vegetable, or juice</b>					
<b>Meat/Alternate</b>					
<b>Bread/Grain***</b>	1 oatmeal cookie	½ c. goldfish crackers	2-4 graham crackers	½ c. trail mix	

\***Fluid Milk** – Children under two years of age are served whole milk; children two years of age and older are served 1% milk.

\*\***Meat alternates** include cheese, large egg, dried beans & peas, or yogurt.

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