

Middle River Baptist Church Child Development Center
Weekly Menu Planner

Week of: November 1-4, 2016

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 7:30 – 8:00 AM								
Fluid Milk ¹	½ cup	¾ cup ²	1 cup ²		Milk	Milk	Milk	Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup		Orange juice	Orange juice	Orange juice	Orange juice
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup		Bagel	Cereal	Cereal	Pancake
SNACK – Choose 2 – Served 10:00 AM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²		Milk	Milk		
Fruit OR vegetable	½ cup	½ cup	¾ cup		½ Banana	Raisins	Salsa	
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ½ cup	1 slice ¾ cup					Crackers
Meat OR meat alternate	½ oz.	½ oz.	1 oz.				Tortilla chips	Cheese
LUNCH – Served 12:00 PM								
Main Dish:					Chicken Casserole	Turkey Sandwich	Ground Beef / Gravy	Cheese Ravioli
Fluid Milk	½ cup	¾ cup ²	1 cup ²		Milk	Milk	Milk	Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.		Chicken	Turkey	Ground Beef	Cheese
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Peanut Butter OR	2 tbsp.	3 tbsp.	4 tbsp.					
Dried beans & peas OR	¼ cup	¾cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit and 1 vegetable	¼ cup each	½ cup each	¾ cup each		Broccoli	Carrots	Green Beans	Peas
					Peaches	Applesauce	Oranges	Pears
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup		Rice	Bread	Egg noodles	Pasta
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²		Milk	Milk	Milk	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ½ cup	1 slice ¾ cup		Cookie	Goldfish crackers	Blueberry muffin	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

¹Fruit juice is not served when fluid milk is the only other component served at snack.

²Children aged 1-2 years will receive whole milk; children over the age of 2 will receive 1% milk.

Middle River Baptist Church Child Development Center

Weekly Menu Planner

Week of: November 7-11, 2016

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 7:30 – 8:00 AM								
Fluid Milk ¹	½ cup	¾ cup ²	1 cup ²	Milk	Milk	Milk	Milk	Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup	Orange juice	Orange juice	Orange juice	Orange juice	Orange juice
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Cereal	English muffin	Cereal	Cereal	Pancake
SNACK – Choose 2 – Served 10:00 AM								
Fluid Milk ¹	½ cup	¾ cup ²	1 cup ²	Milk	Milk	Milk		
Fruit OR vegetable	½ cup	½ cup	¾ cup		Carrots		Oranges	
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ⅓ cup	1 slice ¾ cup	Animal crackers		Graham crackers		Crackers
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					Cheese
LUNCH – Served 12:00 PM								
Main Dish:				Meatball Subs	Chicken Noodle Soup	Ham Sandwich	Sloppy Joes	Macaroni & cheese
Fluid Milk	½ cup	¾ cup ²	1 cup ²	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	Beef meatballs	Chicken	Ham (pork)	Ground Beef	Cheese
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Peanut Butter OR	2 tbsp.	3 tbsp.	4 tbsp.					
Dried beans & peas OR	¼ cup	⅓ cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit and 1 vegetable	¼ cup each	½ cup each	¾ cup each	Mixed vegetables	Carrots / celery	Cucumbers	Corn	Peas
				Peaches	Pineapple chunks	Applesauce	Oranges	Pears
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Hot dog bun	Egg noodles	Bread	Hamburger bun	Pasta
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk ¹	½ cup	¾ cup ²	1 cup ²	Milk	Milk	Milk	Milk	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup	Fruit in Jell-O				
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ⅓ cup	1 slice ¾ cup		Goldfish crackers	Trail mix (cheerios, raisins, chex)	Cookie	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

¹Fruit juice is not served when fluid milk is the only other component served at snack.

²Children aged 1-2 years will receive whole milk; children over the age of 2 will receive 1% milk.

Middle River Baptist Church Child Development Center
Weekly Menu Planner

Week of: November 14-18, 2016

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 7:30 – 8:00 AM								
Fluid Milk ¹	½ cup	¾ cup ²	1 cup ²	Milk	Milk	Milk	Milk	Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup	Orange juice	Orange juice	Orange juice	Orange juice	Orange juice
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Cereal	English muffin	Cereal	Cereal	Pancake
SNACK – Choose 2 – Served 10:00 AM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²	Milk	Milk		Milk	
Fruit OR vegetable	½ cup	½ cup	¾ cup	½ banana	Fruit in Jell-O	Tomato salsa	Cucumbers	
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ⅓ cup	1 slice ¾ cup			Tortilla chips		Crackers
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					Cheese
LUNCH – Served 12:00 PM								
Main Dish:				Spaghetti/meat sauce	Turkey & gravy	Chicken salad sandwich	Beef Soft Tacos	Thanksgiving Lunch
Fluid Milk	½ cup	¾ cup ²	1 cup ²	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	Ground beef	Shredded turkey	Shredded chicken	Ground Beef	Turkey
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Peanut Butter OR	2 tbsp.	3 tbsp.	4 tbsp.					
Dried beans & peas OR	¼ cup	⅓ cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit and 1 vegetable	¼ cup each	½ cup each	¾ cup each	Green beans	Broccoli	Carrots	Peas	Green beans
				Peaches	Pineapple chunks	Applesauce	Oranges	Corn
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Spaghetti pasta	Rice	Bread	Flour tortilla	Bread Stuffing
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²	Milk	Milk	Milk	Milk	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ⅓ cup	1 slice ¾ cup	Cookie	Goldfish crackers	Graham crackers	Trail mix (cheerios, raisins, chex)	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

¹Fruit juice is not served when fluid milk is the only other component served at snack.

²Children aged 1-2 years will receive whole milk; children over the age of 2 will receive 1% milk.

Middle River Baptist Church Child Development Center
 Weekly Menu Planner

Week of: November 21-23, 2016

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 7:30 – 8:00 AM								
Fluid Milk ¹	½ cup	¾ cup ²	1 cup ²	Milk	Milk	Milk		
Fruit or Vegetable	¼ cup	½ cup	½ cup	Orange juice	Orange juice	Orange juice		
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Cereal	English muffin	Cereal		
SNACK – Choose 2 – Served 10:00 AM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²	Milk	Milk			
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ⅓ cup	1 slice ¾ cup	Banana muffin	Goldfish crackers	Saltine crackers		
Meat OR meat alternate	½ oz.	½ oz.	1 oz.			Cheese		
LUNCH – Served 12:00 PM								
Main Dish:				Beef/noodle casserole	Ham	Tuna salad sandwich		
Fluid Milk	½ cup	¾ cup ²	1 cup ²	Milk	Milk	Milk		
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	Ground beef	Ham (pork)	Tuna		
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Peanut Butter OR	2 tbsp.	3 tbsp.	4 tbsp.					
Dried beans & peas OR	¼ cup	⅓ cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit and 1 vegetable	¼ cup each	½ cup each	¾ cup each	Corn	Sweet potatoes	Carrots		
				Peaches	Pineapple chunks	Applesauce		
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Egg noodles	Bread	Bread		
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²	Milk	Milk	Milk		
Fruit OR vegetable	½ cup	½ cup	¾ cup	Fruit in Jell-O				
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ⅓ cup	1 slice ¾ cup		Cookie	Trail mix (cheerios, raisins, chex)		
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

Happy Thanksgiving

¹Fruit juice is not served when fluid milk is the only other component served at snack.

²Children aged 1-2 years will receive whole milk; children over the age of 2 will receive 1% milk.

Middle River Baptist Church Child Development Center
Weekly Menu Planner

Week of: November 28-30, 2016

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 7:30 – 8:00 AM								
Fluid Milk ¹	½ cup	¾ cup ²	1 cup ²	Milk	Milk	Milk		
Fruit or Vegetable	¼ cup	½ cup	½ cup	Orange juice	Orange juice	Orange juice		
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Cereal	English muffin	Cereal		
SNACK – Choose 2 – Served 10:00 AM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²	Milk	Milk			
Fruit OR vegetable	½ cup	½ cup	¾ cup		Raisins	Tomato salsa		
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ⅓ cup	1 slice ¾ cup	Graham crackers		Tortilla chips		
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					
LUNCH – Served 12:00 PM								
Main Dish:				Cheese Ravioli	Beef Vegetable Soup	Chicken salad sand.		
Fluid Milk	½ cup	¾ cup ²	1 cup ²	Milk	Milk	Milk		
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	Cheese	Ground Beef	Shredded chicken		
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Peanut Butter OR	2 tbsp.	3 tbsp.	4 tbsp.					
Dried beans & peas OR	¼ cup	⅓ cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit and 1 vegetable	¼ cup each	½ cup each	¾ cup each	Cauliflower	Mixed vegetables	Cucumbers		
				Peaches	Pineapple chunks	Applesauce		
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Pasta	Egg noodles	Bread		
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²	Milk	Milk	Milk		
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ⅓ cup	1 slice ¾ cup	Cookie	Goldfish crackers	Pretzels		
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

¹Fruit juice is not served when fluid milk is the only other component served at snack.

²Children aged 1-2 years will receive whole milk; children over the age of 2 will receive 1% milk.