

Middle River Baptist Church Child Development Center
Weekly Menu Planner

Week of: April 3-7, 2017

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	Bagel	Cereal	Pancakes	Cereal
SNACK – Choose 2 – Served 10:00 AM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²	Milk	Milk		Milk	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup	½ banana in pudding	Raisins		Mandarin oranges	Carrot sticks w/dip
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ⅓ cup	1 slice ¾ cup			Saltine crackers		
Meat OR meat alternate	½ oz.	½ oz.	1 oz.			½ oz. cheese		
LUNCH – Served 12:00 PM								
Main Dish:				Sloppy Joes	Chicken w/Gravy / Rice	Chicken Salad sand.	Baked Mostaccioli	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.	Ground Beef	Chicken	Shredded chicken	Ground beef	Cheddar 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	Corn	Green beans	Carrots	Tomatoes / onions / mushrooms	Peas
				Fruit salad	Peaches	Applesauce	Oranges	Pineapple chunks
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Hamburger bun	Rice	Bread	Pasta	Pasta
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	Fruit in Jell-O				
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ½ cup	1 slice ¾ cup		Oatmeal cookie	Graham cracker	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.

Middle River Baptist Church Child Development Center

Weekly Menu Planner

Week of: April 10-14, 2017

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	Cereal	Bagel	Cereal	Pancakes	
SNACK – Choose 2 – Served 10:00 AM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²		Milk	Milk	Milk	Closed for Easer Break
Fruit OR vegetable	½ cup	½ cup	¾ cup		Oranges	½ banana	Carrots w/dip	
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ⅓ cup	1 slice ¾ cup	Saltine crackers				
Meat OR meat alternate	½ oz.	½ oz.	1 oz.	½ oz. cheese				
LUNCH – Served 12:00 PM								
Main Dish:				Sloppy Joes	Chicken w/gravy & rice	Ham/cheese sandwich	Spaghetti w/ meat sauce	
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.	Ground beef	Shredded chicken	Ham/cheese	Ground beef	
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	¾ 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	¼ cup each	¾ cup each	Peas	Corn	Cucumbers	Green beans	
				Fruit Salad	Peaches	Applesauce	Oranges	
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Hamburger bun	Rice	Bread	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 ⅓ cup	1 slice ¾ cup	Oatmeal cookie	Goldfish crackers	Graham 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.

Middle River Baptist Church Child Development Center
Weekly Menu Planner

Week of: April 17-21, 2017

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	Pancakes	Cereal	
SNACK – Choose 2 – Served 10:00 AM									
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²	Closed for Easer Break	Milk	Milk		Milk	
Fruit OR vegetable	½ cup	½ cup	¾ cup		Raisins		Apple wedges		
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ⅓ cup	1 slice ¾ cup			Chex mix		Animal crackers	
Meat OR meat alternate	½ oz.	½ oz.	1 oz.				Yogurt		
LUNCH – Served 12:00 PM									
Main Dish:					Soft tacos	Turkey/Cheese sand.	Baked ziti	Macaroni & Cheese	
Fluid Milk	½ cup	¾ cup ²	1 cup ²	Closed for Easer Break	Milk	Milk	Milk	Milk	
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.		Closed for Easer Break	Ground Beef	Turkey/cheese	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 & dip	Mixed vegetables	Peas	
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup		Flour tortilla	Bread	Pasta	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			Fruit in Jell-O			
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ⅓ cup	1 slice ¾ cup		Oatmeal cookie		Goldfish crackers	Pretzels	
Meat OR meat alternate	½ oz.	½ oz.	1 oz.						

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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: April 24-28, 2017

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	Bagel	Cereal	Pancakes	Cereal
SNACK – Choose 2 – Served 10:00 AM								
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	½ banana		½ banana in pudding	Oranges	
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup		Blueberry muffin			Chex mix
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					
LUNCH – Served 12:00 PM								
Main Dish:				Ham & beans	English muffin pizza	Chicken salad sandwich	Ground beef w/gravy	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.	Ham (pork)	Cheese	Shredded chicken	Ground beef	Cheddar 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	¾ 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	Baked beans	Broccoli	Cucumber slices	Mashed potatoes	Corn
				Fruit salad	Peaches	Applesauce	Oranges	Pineapple
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	½ slice bread	½ English muffin	Bread	½ slice bread	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 or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Oatmeal cookie		Graham crackers	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.