Middle River Baptist Church Child Development Center Weekly Menu Planner

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 cup²	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 cup²	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 F	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.		Chicken	Shredded chicken	Ground beef	Cheddar cheese
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	1/2	3/4	One	Casuad Doof				
Peanut Butter OR	2 tbsp.	3 tbsp.	4 tbsp.	Ground Beef				
Dried beans & peas OR	¼ cup	%cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables	· ·	½ cup	¾ cup each	Corn	Green beans	Carrots	Tomatoes / onions / mushrooms	Peas
OR 1 fruit and 1 vegetable		each		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 cup²	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		Oatmeal cookie	Graham cracker	Goldfish crackers	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

Week of: April 3-7, 2017

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

PORTION SIZES MEAL Age **MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY REQUIREMENTS** 1-2 3-5 6-12 BREAKFAST - Served 7:30 - 8:00 AM Fluid Milk¹ ½ cup 34 cup2 1 cup² Milk Milk Milk Milk ½ cup Fruit or Vegetable ¼ cup ½ cup Orange juice Orange juice Orange juice Orange juice **Bread OR bread** ½ slice ½ slice 1 slice or Cereal Bagel Cereal **Pancakes** or ½ cup alternate OR cereal or ⅓ cup ¾ cup SNACK - Choose 2 - Served 10:00 AM Fluid Milk¹ ½ cup² ½ cup 1 cup² Milk Milk Milk \checkmark Fruit OR vegetable ½ cup ½ cup 34 cup ½ banana Carrots w/dip **Oranges** ന **Bread OR bread** ½ slice 1 slice ½ slice Saltine crackers b alternate OR cereal ½ cup 34 cup ½ cup Meat OR meat alternate ½ oz. ½ oz. 1 oz. ½ oz. cheese $\mathbf{\Phi}$ LUNCH - Served 12:00 PM Main Dish: **Sloppy Joes** Chicken w/gravy & rice Ham/cheese sandwich Spaghetti w/ meat sauce Fluid Milk ½ cup 34 cup2 1 cup² Milk Milk Milk Milk a) Meat/poultry/fish OR 1 oz. 1 ½ oz. 2 oz. S **Cheese OR** 1 oz. 1 ½ oz. 2 oz. $\boldsymbol{\sigma}$ Large Egg OR 1/2 3/4 One \mathbf{H} Ground beef Shredded chicken Ham/cheese Ground beef **Peanut Butter OR** 2 tbsp. 3 tbsp. 4 tbsp. Dried beans & peas OR ¼ cup %cup ½ cup 0 Yogurt ½ cup 34 cup 1 cup 2 different fruits OR Peas Corn Cucumbers Green beans 2 different vegetables ¾ cup ¼ cup ½ cup 0 OR each each each Fruit Salad Peaches **Applesauce Oranges** b 1 fruit and 1 vegetable **Bread OR bread** S ½ slice ½ slice 1 slice or alternate OR pasta OR Hamburger bun Rice Bread Pasta 0 ¾ cup or ½ cup or ½ cup rice SNACK - Choose 2 - Served 3:00 PM Fluid Milk¹ ½ cup Milk Milk ½ cup² 1 cup² Milk Milk Fruit OR vegetable ½ cup ½ cup 34 cup **Bread OR bread** ½ slice ½ slice 1 slice Oatmeal cookie Goldfish crackers Graham crackers Pretzels alternate OR cereal ⅓ cup ¾ cup ½ cup Meat OR meat alternate ½ oz. ½ oz. 1 oz.

Week of: April 10-14, 2017

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

PORTION SIZES MEAL Age **MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY REQUIREMENTS** 1-2 3-5 6-12 BREAKFAST - Served 7:30 - 8:00 AM Fluid Milk¹ Milk ½ cup 34 cup2 1 cup² Milk Milk Milk Fruit or Vegetable ¼ cup ½ cup ½ cup Orange juice Orange juice Orange juice Orange juice **Bread OR bread** ½ slice ½ slice 1 slice or Bagel Cereal **Pancakes** Cereal alternate OR cereal or ½ cup or ⅓ cup ¾ cup SNACK - Choose 2 - Served 10:00 AM Fluid Milk¹ ½ cup² Milk Milk Milk ½ cup 1 cup² Fruit OR vegetable ½ cup ½ cup ¾ cup Raisins Apple wedges B **Bread OR bread** ½ slice ½ slice 1 slice Animal crackers Chex mix Φ alternate OR cereal ½ cup 34 cup ½ cup Meat OR meat alternate ½ oz. ½ oz. 1 oz. Yogurt B LUNCH - Served 12:00 PM Main Dish: Soft tacos Turkey/Cheese sand. Baked ziti Macaroni & Cheese Fluid Milk ½ cup 34 cup2 1 cup² Milk Milk Milk Milk a Meat/poultry/fish OR 1 oz. 1 ½ oz. 2 oz. S **Cheese OR** 1 oz. 1 ½ oz. 2 oz. $\boldsymbol{\sigma}$ Large Egg OR 1/2 3/4 One ш **Ground Beef** Turkey/cheese Ground beef Cheese **Peanut Butter OR** 2 tbsp. 3 tbsp. 4 tbsp. Dried beans & peas OR ¼ cup %cup ½ cup 0 Yogurt ½ cup 34 cup 1 cup 2 different fruits OR Broccoli Carrots & dip Mixed vegetables Peas 2 different vegetables ¾ cup ¼ cup ½ cup O each each each **Peaches** Pineapple chunks **Applesauce Oranges** 1 fruit and 1 vegetable യ Bread OR bread S ½ slice 1 slice or ½ slice alternate OR pasta OR Flour tortilla **Bread Pasta** Pasta ¾ cup or ½ cup or ½ cup 0 rice SNACK - Choose 2 - Served 3:00 PM \cup Fluid Milk¹ ½ cup ½ cup² Milk 1 cup² Milk Milk Milk ½ cup Fruit OR vegetable ½ cup 34 cup Fruit in Jell-O **Bread OR bread** ½ slice ½ slice 1 slice Oatmeal cookie Goldfish crackers **Pretzels** alternate OR cereal ⅓ cup ¾ cup ½ cup Meat OR meat alternate ½ oz. ½ oz. 1 oz.

Week of: April 17-21, 2017

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

PORTION SIZES MEAL Age **MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY** REQUIREMENTS 1-2 3-5 6-12 BREAKFAST - Served 7:30 - 8:00 AM Milk Milk Milk Fluid Milk¹ ½ cup 34 cup2 1 cup² Milk Milk Orange juice Orange juice Orange juice ½ cup Fruit or Vegetable ¼ cup ½ cup Orange juice Orange juice **Bread OR bread** ½ slice ½ slice 1 slice or Cereal Cereal Bagel **Pancakes** Cereal alternate OR cereal or ½ cup or ⅓ cup 34 cup SNACK - Choose 2 - Served 10:00 AM Fluid Milk¹ ½ cup² Milk ½ cup 1 cup² Milk Milk Milk Milk Fruit OR vegetable ½ cup ½ cup 34 cup ½ banana ½ banana in pudding Oranges **Bread OR bread** ½ slice 1 slice ½ slice Blueberry muffin Chex mix alternate OR cereal 34 cup ½ cup ⅓ cup 1 oz. Meat OR meat alternate ½ oz. ½ 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 34 cup2 1 cup² Milk Milk Milk Milk Milk Meat/poultry/fish OR 1 oz. 1 ½ oz. 2 oz. **Cheese OR** 1 oz. 1 ½ oz. 2 oz. Large Egg OR 1/2 3/4 One Ham (pork) Cheese Shredded chicken Ground beef Cheddar cheese **Peanut Butter OR** 2 tbsp. 3 tbsp. 4 tbsp. Dried beans & peas OR ¼ cup %cup ½ cup Yogurt ½ cup 34 cup 1 cup 2 different fruits OR Baked beans Broccoli Cucumber slices Mashed potatoes Corn 2 different vegetables ¾ cup ¼ cup ½ cup OR each each each Fruit salad Peaches **Applesauce Oranges** Pineapple 1 fruit and 1 vegetable **Bread OR bread** ½ slice ½ slice 1 slice or alternate OR pasta OR 1/2 slice bread ½ English muffin 1/2 slice bread Bread **Pasta** ¾ cup or ½ cup or ½ cup rice SNACK - Choose 2 - Served 3:00 PM Fluid Milk¹ Milk ½ cup ½ cup² 1 cup² Milk Milk Milk Milk Fruit OR vegetable ½ cup ½ cup 34 cup Fruit in Jell-O **Bread OR bread** ½ slice ½ slice 1 slice Oatmeal cookie Graham crackers Goldfish crackers **Pretzels** alternate OR cereal ⅓ cup ¾ cup ½ cup Meat OR meat alternate ½ oz. ½ oz. 1 oz.

Week of: April 24-28, 2017

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.