

MENU PLANNING GUIDE INCORPORATING 3 AGE GROUPS

DATE _____

NAME OF CENTER **CHURUBUSCO CHILD CARE**

MONDAY					TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
FOOD ITEM	1-2	3-5	6+		FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+
BREAKFAST:	Life Cereal	1/4 c	1/3 c	3/4 c	Raisin Bread	1/2 slice	1/2 slic	1 slic	Corn Flakes Cereal (W)	1/4 c	1/3 c	3/4 c	1 oz Biscuits	1/2	1/2	1	Pancake (w) Peaches	1/2	1/2	1
MILK, FLUID ICE, FRUIT, VEGETABLE GRAIN/ BREAD	Bananas	1/2	1/2	1	Apple sauce	1/4c	1/2 c	1/2 c	Pineapple (F)	1/4 c	1/2 c	1/2 c	Mixed Fruit	1/4c	1/2 c	1/2c		1/4 c	1/2 c	1/2 c
	Milk	1/2 c	3/4 c	1c	Milk	1/2c	3/4 c	1c	Milk	1/2 c	3/4 c	1c	Milk	1/2c	3/4 c	1c	Milk	1/2 c	3/4 c	1c
M. SNACK: CHOOSE 2 MILK, FLUID EAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT/ VEGETABLE	Wheat crackers	4	4	8	Ritz Cracker	4	4	8	Graham Crackers	4 sqr	4 sqr.	8 sqr	Saltines Crackers	4	4	8	Cheez-it crackers	12	12	24
	Grape Juice	1/2 c	1/2 c	3/4 c	Banana (F) Water	1/2c	1/2 c	3/4 c	Yogurt	1/2 c	1/2 c	1 c	Eggs	1/2	1/2	1	Peanut Butter	**1 T	1T	2T
									Apple Juice	1/2 c	1/2 c	3/4 c	Water	1/2c	1/2 c	3/4c	Water	1/2 c	1/2 c	3/4 c
LUNCH:	Ham Slices	1 oz	1 1/2 oz	2 oz	BBQ Riblet	1 oz	1 1/2 oz	2 oz	Goulash	1 oz	1 1/2 oz	2 oz	Chicken Strips	1 oz	1 1/2 oz	2 oz	Corn Dog	1 oz	1 1/2 oz	2 oz
MILK, FLUID EAT/MEAT ALTERNATE 1ST FRUIT/VEG IDFRUIT/VE GRAIN/ BREAD OTHER	Peas	1/4 c	1/2 c	3/4 c	Carrots	1/4c	1/2 c	3/4 c	Hamburger	1/8 c	1/4 c	3/8 c	Mixed Veg	1/4c	1/2 c	3/4c	Green Beans	1/4 c	1/2 c	3/4 c
	Mand. Oranges	1/4 c	1/2 c	3/4 c	Peaches	1/4c	1/2 c	3/4 c	Corn	1/4 c	1/2 c	3/4 c	Apple sauce	1/4c	1/2 c	3/4c	Pine apple	1/4 c	1/2 c	3/4 c
	Bun	1/2	1/2	1	Bun	1/2	1/2	1	Elbow Macaroni	1/8 c	1/4 c	3/8 c	Bread	1/2	1/2	1		1/2	1/2	1
	Milk	1/2 c	3/4 c	1c	Milk	1/2c	3/4 c	1c	Cheese Slice	1oz	2oz	2oz	Milk	1/2c	3/4 c	1c	breeding	1/2 c	1/2 c	1c
									Milk	1/2 c	3/4 c	1c					Milk	1/2 c	3/4 c	1c
M. SNACK: CHOOSE 2 MILK, FLUID EAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT/ VEGETABLE	Apple granola bar	1/2 bar	1/2 bar	1 bar	Chex Mix	1/4c	1/3 c	3/4 c	Peanut Butter	**1 T	1T	2T	Fresh Oranges	1/2c	1/2 c	3/4c	Oyster crackers	1/4 c	1/2 c	3/4 c
	Milk	1/2 c	3/4 c	1c	Cheese Cubes	2	2	4	Goldfish Crackers	1/2 c	1/2 c	1 c	Teddy Grahams	1 oz	1 oz	2 oz	Eggs	1/2	1/2	1
	Water	1/2 c	1/2 c	3/4 c	Water	1/2c	1/2 c	3/4 c	Water	1/2 c	1/2 c	3/4 c	Water	1/2c	1/2 c	3/4c	Water	1/2 c	1/2 c	3/4 c

** 1 oz cheese Slice

CYCLE WEEK # 1

MENU PLANNING GUIDE INCORPORATING 3 AGE GROUPS

DATE_

NAME OF CENTER **CHURUBUSCO CHILD CARE**

MONDAY					TUESDAY				WEDNESDAY				THURSDAY				FRIDAY						
FOOD ITEM	1-2	3-5	6+		FOOD ITEM	1-2	3-5	6+		FOOD ITEM	1-2	3-5	6+		FOOD ITEM	1-2	3-5	6+		FOOD ITEM	1-2	3-5	6+
REAKFAST:	Cheerios (W)	1/4 c	1/3 c	3/4 c	Waffles (W)	1/2	1/2	1		Crispix Cereal (W)	1/4 c	1/3 c	3/4 c		(W) English muffins	1/2	1/2	1		Muffin (W)	1	1	2
ILK, FLUID IICE, FRUIT, /VEGETABLE GRAIN/ BREAD	Banana (F)	1/2	1/2	1	Mixed Fruit	1/4 c	1/2 c	1/2 c		Oranges (F)	1/4	1/2	1/2		Peaches	1/4 c	1/2 c	1/2 c		Banana (F)	1/2	1/2	1
	Milk	1/2 c	3/4 c	1c	Milk	1/2 c	3/4 c	1c		Milk	1/2 c	3/4 c	1c		Milk	1/2 c	3/4 c	1c		Milk	1/2 c	3/4 c	1c
M. SNACK:	Animal Crackers	5	5	10	ChexMix	1/2c	1/2c	1c		Saltine Crackers	4	4	8		Goldfish Crackers	20	20	40		Teddy Grahams	1oz	1oz	2oz
HOOSE 2 ILK, FLUID EAT/MEAT ALTERNATE GRAIN/ BREAD JICE/FRUIT/ EGETABLE	Yogurt	1/2 c	1/2 c	3/4 c	Cheese Cubes	2	2	4		Strawberry Banana Juice	1/2c	1/2c	3/4c		Oranges (F)	1/2c	1/2c	3/4c		Straw-Berries	1/2c	1/2c	3/4c
	Water	1/2c	1/2c	3/4c	Water	1/2c	1/2c	3/4c		Water	1/2c	1/2c	3/4c		Water	1/2c	1/2c	3/4c		Water	1/2c	1/2c	3/4c
LUNCH:	Bacon/egg/cheese bake	1/2 c	1/2 c	1c	Meatballs	1oz	1 1/2	2oz		Beef Fritter	1oz	1 1/2	2oz		Chicken Crispito	1oz	1 1/2	2oz		Chicken Fries	1oz	1 1/2	2oz
ILK, FLUID EAT/MEAT ALTERNATE 1ST FRUIT/VEG DFRUIT/VE GRAIN/ BREAD OTHER	Peas	1/4 c	1/2 c	3/4 c	Mashed Potatoes	1/4 c	1/2 c	3/4 c		Mixed Vegetables	1/4 c	1/2 c	3/4 c		Corn	1/4 c	1/2 c	3/4 c		Carrots	1/4 c	1/4 c	3/4 c
	Pine-apple	1/4 c	1/2 c	3/4 c	Peaches Roll	1/2	1/2	1		Pears Bun	1/2	1/2	1		Apricots	1/4 c	1/2 c	3/4 c		Apple-sauce	1/4 c	1/4 c	3/4 c
	Bread Milk	1/2 slic	1/2 slic	3/4 slic	Milk	1/2 c	3/4 c	1c		Milk	1/2 c	3/4 c	1c		Tortilla	1/2	1/2	1		Rice	1/2 c	1/2 c	1c
		1/2 c	3/4 c	1c											Milk	1/2 c	3/4 c	1c		Milk	1/2 c	3/4 c	1c
V. SNACK:	String Cheese	1/2 oz	1/2 oz	1 oz	Tortilla Chips	*1*	9	18		Peanut Butter	**1 T	1T	2T		Vanilla Waffers	5	5	10		Cookie Crisps	1/3 c	1/3 c	3/4 c
HOOSE 2 LK, FLUID EAT/MEAT ALTERNATE GRAIN/ BREAD JICE/FRUIT/ EGETABLE	Bug Bite Graham	1 oz	1 oz	2 oz	Cheese Sauce	1/8 c	1/8 c	1/2 c		Pretzels	13	13	26		Yogurt	1/4 c	1/4 c	3/4 c		Cereal (W)	1/2 c	1/2 c	1c
	Water	1/2 c	1/2 c	3/4 c	Water	1/2 c	1/2 c	3/4 c		Water	1/2 c	1/2 c	3/4 c		Water	1/2 c	1/2 c	3/4 c		Milk	1/2 c	1/2 c	3/4 c
																				Water			

1 Soft Tortilla 1/2

**1 oz Cheese Slice

Cycle Week# 2

MENU PLANNING GUIDE INCORPORATING 3 AGE GROUPS

DATE _____

NAME OF CENTER **CHURUBUSCO CHILD CARE**

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				
	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	
BREAKFAST:	Corn Flakes	1/4 c	1/3 c	3/4 c	Bagels	1/2	1/2	1	Kix Cereal	1/4c	1/3 c	3/4 c	Wheat Toast (W)	1/2	1/2	2	Waffle	1/2	1/2	1	
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Banana	1/2 c	3/4 c	1c	Mixed Fruit	1/4 c	1/2 c	1/2 c	Grapes	1/4c	1/2 c	1/2 c	Pears	1/4 c	1/2 c	1/2 c	Apple sauce	1/4c	1/2 c	1/2 c	
	Milk	1/2 c	3/4 c	1c	Milk	1/2 c	3/4 c	1c	Milk	1/2c	3/4 c	1c	Milk	1/2 c	3/4 c	1c	Milk	1/2c	3/4 c	1c	
M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT/ VEGETABLE	Graham Cracker	4 sqr.	4 sqr.	8 sqr.	Oyster Crackers	1/2 c	1/2 c	1 c	Chex Mix	1/2c	1/2 c	1c	Bug Bites	1 oz	1 oz	2 oz	Mini Muffin Apples (F)	1	1	2	
	Fruit Punch Juice	1/2 c	1/2 c	3/4 c	Carrots(F)	1/2 c	1/2 c	3/4 c	Oranges(F)	1/2c	1/2 c	3/4 c	Water	1/2 c	1/2 c	3/4 c	Water	1/2 c	1/2 c	3/4 c	
					Water	1/2 c	1/2 c	3/4 c	Water	1/2 c	1/2 c	3/4 c	Orange Juice	1/2 c	1/2 c	3/4 c	Water	1/2 c	1/2 c	3/4 c	
LUNCH:	Ham burger	1oz	1 1/2 oz	2oz	Ham	1oz	1 1/2 oz	2oz	Grilled Cheese	1oz	1 1/2 oz	2oz	Beef & Bean Burrito	1oz	1 1/2 oz	2 oz	Pork Fritter	1oz	1 1/2 oz	2oz	
MILK, FLUID MEAT/MEAT ALTERNATE FRUIT/VEG DFRUIT/VE GRAIN/ BREAD OTHER	Green Beans	1/4 c	1/2 c	3/4 c	Cheese	1/8 c	1/4 c	3/8 c	Carrots	1/4c	1/2 c	3/4 c	Lettuce	1/4 c	1/2 c	3/4 c	Corn	1/4c	1/2 c	3/4 c	
	Apple sauce	1/4 c	1/4 c	3/4 c	Lettuce	1/4 c	1/2 c	3/4 c	Pineapple	1/4c	1/2 c	3/4 c	Peaches	1/4 c	1/2 c	3/4 c	orange (F)	1/4c	1/2 c	3/4 c	
	Buns	1/2	1/2	1	Crackers	4	4	8	Bread	1/2	1/2	1	Crackers	1/4 c	1/2 c	3/4 c	Tortilla	1/2	1/2	1	
	Milk	1/2 c	3/4 c	1c	Milk	1/2 c	3/4 c	1c	Milk	1/2 c	3/4 c	1c	Milk	1/2 c	3/4 c	1c	Milk	1/2c	3/4 c	1c	
M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT/ VEGETABLE	Banana (F)	1/2	1/2	1	Breadstick (W)	1/2	1/2	1	Saltine crackers	4	4	8	Bunny Graham	1oz	1 oz 1/2c	2 oz	Go Gurts	1/4c	1/4 c	1/2 c	
	Apple granola bar	1oz	1oz	2oz	Spaghetti Sauce	1/2 c	1/2 c	3/4 c	Peanut Butter	**1T	1T	2T	Grape	1/2 c	3/4 c	3/4 c	Vanilla Wafer	5	5	10	
	Water	1/2 c	1/2 c	3/4 c	Water	1/2 c	1/2 c	3/4 c	Water	1/2 c	1/2 c	3/4 c	Water	1/2 c	1/2 c	3/4 c	Water	1/2 c	1/2 c	3/4 c	

* 1 oz cheese slice

MENU PLANNING GUIDE INCORPORATING 3 AGE GROUPS

DATE :

NAME OF CENTER CHURUBUSCO CHILD CARE

MONDAY					TUESDAY				WEDNESDAY				THURSDAY			FRIDAY				
FOOD ITEM	1-2	3-5	6+		FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+
REAKFAST: MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Honey Bunches of Oats	1/4c	1/3c	3/4c	Cinnamon Toast(W)	1/2 slice	1/2 slice	1 slice	Corn Chex Cereal	1/4c	1/3c	3/4c	English Muffins (W)	1/2	1/2	1	French Toast (W)	1/2 slice	1/2 slice	1 slice
	Cereal				Mixed Fruit	1/4c	1/2c	1/2c	Strawberries (F)	1/4c	1/2c	1/2c	Pears	1/4c	1/2c	1/2c	Peaches	1/4c	1/2c	1/2c
	Bananas (F)	1/2	1/2	1	Milk	1/2c	3/4c	1c	Milk	1/2c	3/4c	1c	Milk	1/2c	3/4c	1c	Milk	1/2c	3/4c	1c
	Milk	1/2c	3/4c	1c																
M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT/ VEGETABLE	Saltine crackers	4	4	8	Bug Bite Crackers	1 oz	1 oz	2 oz	Teddy Graham	1 oz	1 oz	2 oz	Vanilla Wafers	5	5	10	Pretzels	13	13	26
	Peanut Butter	**1T	1T	2T	Orange Pineapple Juice	1/2c	1/2c	3/4c	Bananas	1/2	1/2	1	Go Gurts	1/4c	1/4c	3/4c				
	Water	1/2c	1/2c	3/4c					Water	1/2c	1/2c	3/4c	Water	1/2c	1/2c	3/4c	Fruit Punch	1/2c	1/2c	3/4c
LUNCH: MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD OTHER	Spaghetti & Meatballs	1/4c	1/4c	1/2 c	Ham & Cheese Sandwhich	1oz 1oz	1 1/2 2oz	2oz 2oz	Pepperoni Pizza	1oz	1 1/2	2oz	Breaded Chicken	1oz	1 1/2	2oz	Hot Dogs	1oz	1 1/2	2oz
	Peas	1/4c	1/2c	3/4c	Green Beans	1/4c	1/2c	3/4c	Peaches	1/4c	1/2c	3/4c	Carrots	1/4c	1/2c	3/4c	French Fries	1/4c	1/2c	3/4c
	Pears	1/4c	1/2c	3/4c	Applesauce	1/4c	1/2c	3/4c	Crust	1 oz	1/2	2oz	Mixed Fruit	1/4c	1/2c	3/4c	Apricots	1/4c	1/2c	3/4c
	Milk	1/2c	3/4c	1c	Bread	1/2	1/2	1	Milk	1/2c	3/4c	1c	Bun	1/2	1/2	1	Buns	1/2	1/2	1
					Milk	1/2c	3/4c	1c					Milk	1/2c	3/4c	1c	Milk	1/2c	3/4c	1c
M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT/ VEGETABLE	Bologna	1oz	1oz	2oz	Peanut Butter	**1T	1T	2T	String Cheese	1/2	1/2	1	Mini Corndogs	2	2	3	Cheese Cubes	4	4	8
	Tortilla	1/2	1/2	1	Saltines	4	4	8	WG Baked Cheetos	.87 oz	.87 oz	1.75 oz	Breading	1/2 oz	1/2 oz	1 oz	Ritz Crackers	4	4	8
	Water	1/2c	1/2c	3/4c	Water	1/2c	1/2c	3/4c	Water	1/2c	1/2c	3/4c	Water	1/2c	1/2c	3/4c	Water	1/2c	1/2c	3/4c

** 1 oz Cheese Slice

Cycle Week# 4

MENU PLANNING GUIDE INCORPORATING 3 AGE GROUPS

NAME OF CENTER **CHURUBUSCO CHILD CARE**

DATE

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+
BREAKFAST:	Honey bunches of oats	1/4c	1/3c	3/4c	Toast	1/2 slice	1/2 slice	1 slice	Cheerios	1/4c	1/3c	3/4c	2oz Muffins	1/2	1/2	1	Pancake	1/2	1/2	1
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Pineapple	1/4c	1/2c	1/2c	Mixed Fruit	1/4c	1/2c	1/2c	Bananas	1/2	1/2	1	Peaches	1/4c	1/2c	1/2c	Pears	1/4c	1/2c	1/2c
	Milk	1/2c	3/4c	1c	Milk	1/2c	3/4c	1c	Milk	1/2c	3/4c	1c	Milk	1/2c	3/4c	1c	Milk	1/2c	3/4c	1c
A.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT/ VEGETABLE	Chex Mix	1/2c	1/2c	1c	Pretzel Sticks	13	13	26	Go Gurts	1/2c	1/2c	1c	Graham Crackers	4 sqr	4 sqr	8 sqr	Apple cherry oatmeal bar	1/2	1/2	1
	Very Berry Juice	1/2c	1/2c	3/4c	Peanut Butter	**1T	1T	2T	Vanilla Wafers	4	4	8	Banana	1/2	1/2	1	Cherry Juice	1/2c	1/2c	3/4c
					Water	1/2c	1/2c		Water	1/2c	1/2c	3/4c	Water	1/2c	1/2c	3/4c				
LUNCH:	Beef Nacho Shred.	1oz	1 1/2	2oz	Sausage Links	1oz	1 1/2	2oz	Chicken & Noodles	1/4c	1/4c	1/2c	Black Beans	1oz	1 1/2	2oz	Chicken Teriyaki	1oz	1 1/2	2oz
MILK, FLUID MEAT/MEAT ALTERNATE ST FRUIT/VEG 2ND FRUIT/VE GRAIN/ BREAD OTHER	Cheese Lettuce	1/4c	1/2c	3/4c	Corn	1/4c	1/2c	3/4c	Cheese Slice	1oz	1 1/2	2oz	Corn	1/4c	1/2c	3/4c	Rice	1/2c	1/2c	1/3c
	Pineapple	1/4c	1/2c	3/4c	Oranges	1/4c	1/2c	3/4c	Mashed Potatoes	1/4c	1/2c	3/4c	Applesauce	1/4c	1/2c	3/4c	Mixed Fruit	1/4c	1/2c	3/4c
	Tortilla Chips	9	9	18	Butter bread	1/2 slice	1 slice	1 slice	Apricots	1/4c	1/2c	3/4c	Tortilla	1/2	1/2	1	Peas	1/4c	1/2c	3/4c
	Milk	1/2c	3/4c	1c	Milk	1/2c	3/4c	1c	Milk	1/2c	3/4c	1c	Milk	1/2c	3/4c	1c	Milk	1/2c	3/4c	1c
P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT/ VEGETABLE	Cheese Slice	1 oz	1 1/2 oz	2 oz	1 oz Oatmeal bar	1oz	1oz	2oz	Peanut Butter	**1T	1T	2T	1oz Pizza Roll's	2	2	4	Soft Pretzel	1/2	1/2	1
	Saltines	4	4	7	Milk	1/2c	1/2c	3/4c	Wheat ritz Crackers	4	4	7	Tortilla	1/2	1/2	3/4	Cheese Sauce	1/8c	1/8c	1/2c
	Water	1/2c	1/2c	3/4c	Water	1/2c	1/2c	3/4c	Water	1/2c	1/2c	3/4c	Water	1/2c	1/2c	3/4c	Water	1/2c	1/2c	3/4c

** 1 oz Cheese Slice

MENU PLANNING GUIDE INCORPORATING 3 AGE GROUPS

NAME OF CENTER **CHURUBUSCO CHILD CARE**

DATE _____

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	
BREAKFAST: MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Mini Wheats Cereal (W) Mix Fruit Milk	1/4c 1/4c 1/2c	1/3c 1/2c 3/4c	3/4c 1/2c 1c	Toast Apples(F) Milk	1/2 Slice 1/4c 1/2c	1/2 Slice 1/2c 3/4 c	1 Slice 1/2c 1c	Cookie Crisp Cereal (W) Strawberries (F) Milk	1/4c 1/4c 1/2c	1/3c 1/2c 3/4c	3/4c 1/2c 1c	Cin. Rolls (W) Apricots Milk	1/2 1/4c 1/2c	1/2 1/2c 3/4c	1 1/2c 1c	Waffles (W) Banana (F) Milk	1/2 1/2 1/2c	1/2 1/2 3/4c	1 1 1c
A.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT/ VEGETABLE	Pretzels Peanut Butter Water	13 **1T 1/2c	13 1T 1/2c	26 2T 3/4c	Vanilla Wafers Banana(F) Water	5 1/2 1/2c	5 1/2 1/2c	10 1 3/4c	Saltine Crackers Grapes (F) Water	4 1/2C 1/2c	4 1/2C 1/2c	8 3/4C 3/4c	Goldfish Crackers Cottage Cheese Water	20 1/4c 1/2c	20 1/4c 1/2c	40 3/4c 3/4C	Graham Sticks Orange Pineapple Juice	1pkg 1/2C 1/2c	1pkg 1/2C 1/2c	2pkg 3/4C 3/4C
LUNCH: MILK, FLUID MEAT/MEAT ALTERNATE ST FRUIT/VEG INDFRUIT/VE GRAIN/ BREAD OTHER	Turkey Sandwich Carrots (F) Mand Orages (F) Bread (W) Milk	1oz *1/4c 1/4c 1/2 Slice 1/2c	1 1/2 1/2c 1/2c 1/2 Slice 3/4c	2oz 3/4c 3/4c 1 Slice 1c	Ch. Burger HashBrown Mixed Fruit Bun Milk	1oz 1/4c 1/4c 1/2 1/2c	1 1/2 1/2c 1/2c 1/2 3/4c	2oz 3/4c 3/4c 1 1c	Fish Sticks Green Beans Tropical Fruit Salad Butter & Bread Milk	1oz 1/4c 1/4c 1/2 slice 1/2c	1 1/2 1/2c 1/2c 1/2 slice 3/4c	2oz 3/4c 3/4c 1 slice 1c	Ham & Cheese puffs Lettuce Oranges Crust Milk	1oz 1/4c 1/4c 1/2 1/2c	1 1/2 1/2c 1/2c 1/2 3/4c	2oz 3/4c 3/4c 1 1c	Peanut Butter Cottage Cheese *Celery (F) Peaches Bread (W) Milk	**1 oz *1/4c 1/4c 1/4c 1/2 slice 1/2c	1 1/2 1/2c 1/2c 1/2c 1/2 slice 3/4c	2oz 3/4c 3/4c 3/4c 1/2 slice 1 c
P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT/ VEGETABLE	Apple Slices (F) WG Baked Cheetos Water	1/2c 87oz 1/2c	1/2c 87 oz 1/2c	3/4c 1.75 oz 3/4	Tortilla Chips Cheese Sauce Water	*9 chips 1/8c 1/2c	9 chip 1/8c 1/2c	18 chip 1/4c 3/4c	Peanut Butter *Celery (F) Water	**1T 1/2C 1/2c	1T 1/2C 1/2c	2T 3/4C 3/4c	Bug Bites Grapes (F) Water	1 oz *1/2c 1/2c	1 oz 1/2c 1/2c	2 oz 3/4c 3/4c	Bosco Sticks (W) Mozzarella Cheese Water	1/2 1/2 oz 1/2c	1/2 1/2 oz 1/2c	1 1 oz 3/4c

1 soft tortilla 1/2 *2* 1 oz cheese slice *3* Ritz crackers 4

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