

Sample Menu: Week 1

Center name/site number _____ Month _____ Year _____

Menu children 1-12 years* of age

Meal Patterns	Day 1 _____ date	Day 2 _____ date	Day 3 _____ date	Day 4 _____ date	Day 5 _____ date
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice or fruit or vegetable • Milk, Fluid • Other Foods 	Bran Muffin (I) Mandarin Oranges (A) (C) 1% or Skim Milk	Whole Grain Oat Cereal(I) Banana Slices (F) 1% or Skim Milk	Egg/Cheese English Muffin (whole wheat) (I) Orange Wedges (C) (F) 1% or Skim Milk (Egg and Cheese) (extra)	French Toast Sticks Apricots (A) 1% or Skim Milk	Whole Wheat Toast Fresh Peach Slices (C) 1% or Skim Milk Scrambled Eggs (I) (extra)
AM Snack (Select two of these four components) <ul style="list-style-type: none"> • Milk, fluid • Juice or fruit or vegetable • Grain/bread • Meat or meat alternate 	Grapes (F) Triscuit Crackers	Apple Juice (C-if fortified) <u>Paint A Face</u> (N) (Tortilla w/Peanut Butter, Cereal, Raisins)	Cherry Juicy Juice (C) Soft Pretzel (I)	1% or Skim Milk Baked Potato Wedges (C)	<u>Banana Stack</u> (N) (Banana Slices (F), Ritz Crackers, Peanut Butter)
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable or fruit • 2nd Vegetable or fruit • Grain/bread • Milk, fluid • Other Foods 	Goulash (I) (HM) (Hamburger & Macaroni) Carrots (A) Red/Green Apple Slices (F) Garlic Toast 1% or Skim Milk	Bean & Cheese Burritos (B) (I) Shredded Lettuce (F) Chopped Tomato (F) (C) Guacamole (F) Whole Grain Tortilla 1% or Skim Milk	Honey Mustard Chicken Wings(I) Honeydew (C) (S) (F) Summer Squash (C) (S) Brown/White Rice Mix 1% or Skim Milk	Tuna Salad Fresh Spinach Salad (A) (C) (F) (I) Cantaloupe (A) (C) (F) (S) Whole Grain Pita Bread (I) 1% or Skim Milk	Ham (I) and Bean Soup (B)(HM) Watermelon (A) (C) (F) (S) Celery Sticks (F) Cauliflowerettes (F) (C) Whole Grain Corn Muffin 1% or Skim Milk
PM Snack (Select two of these four components) <ul style="list-style-type: none"> • Milk, fluid • Juice or fruit or vegetable • Grain/bread • Meat or meat alternate 	1% or Skim Milk Peanut Butter Cookies (HM) (made with half whole wheat flour)	Broccoli Trees (A) (C) (F) Red (A) and Green Pepper Slices (F) Cottage Cheese Dip	1% or Skim Milk <u>Three-bean Salad</u> (N) (Kidney Beans, Wax Beans, Green Beans) (B) (I)	<u>Mixed Fresh Fruit</u> (N) (Kiwi, Grapes, Banana) (C) (F) Mozzarella Cheese Fingers	1% or Skim Milk Pumpkin Bar (HM)

Water must be served at all meals, but must not replace any required meal component.

Use these codes: (N) Nutrition activity, (A) Vitamin A food, (B) Cooked dried beans or split peas, (C) Vitamin C food, (I) Iron food source (S) Seasonal Food (F) Fresh (HM) Homemade

*Toddlers, 1-2 years of age should receive whole milk and children up to age 4 may require texture modification or substitutions of some foods to avoid choking.

Food-related book(s) to read:

Sample Menu: Week 2

Center name/site number _____ Month _____

Year _____

Menu children 1-12 years* of age

Meal Patterns	Day 1 _____ date	Day 2 _____ date	Day 3 _____ date	Day 4 _____ date	Day 5 _____ date
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice or fruit or vegetable • Milk, Fluid • Other Foods 	English Muffin Kiwi (C) (F) (S) 1% or Skim Milk	Cinnamon/Raisin Toast Fruit Punch-Juicy Juice (C) 1% or Skim Milk	Total Cereal (A) (C) (I) Banana (F) 1% or Skim Milk	Whole Grain Waffle Cantaloupe (A) (C) (F) (S) 1% or Skim Milk	Wheaties (I) Strawberries (C) (F) (S) 1% or Skim Milk
AM Snack (Select two of these four components) <ul style="list-style-type: none"> • Milk, fluid • Juice or fruit or vegetable • Grain/bread • Meat or meat alternate 	1% or Skim Milk Graham Crackers	Plum Slices (F) (A) Strawberries (F) (C) (S) Blueberry Muffin (HM)	<u>Salad in a bag</u> (N) (Lettuce, tomato, carrot, broccoli, cucumbers) (A) (C) (F) Breadstick	Whole Wheat Tortilla Scrambled Eggs (I) Salsa	<u>Banana Dog</u> (N) (Banana (F), Whole Wheat Bun, Peanut Butter)
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable or fruit • 2nd Vegetable or fruit • Grain/bread • Milk, fluid • Other Foods 	Chicken Taco (I) (shredded chicken) Refried Beans (B) (I) Shredded Lettuce and Chopped Tomato (F) (C) Corn or Whole Grain Wheat Tortilla 1% or Skim Milk	Homemade Fish Sticks & Cheese Slice Oven Fried Sweet Potatoes (A) Cabbage Salad(C) Whole Wheat Roll 1% or Skim Milk	Oven-baked Chicken Legs (I) Cole Slaw (C) Winter Squash (A) (S) Whole Grain Corn Bread Squares (HM) 1% or Skim Milk	Chili (HM) (B) (I) (hamburger, beans & tomato) Carrot Sticks (A) (F) Celery Sticks (F) Fresh Pear Slices (C) (F) Oyster Crackers 1% or Skim Milk	Egg Salad (I) Apricot Halves(A) Jicama Sticks (F) Green Beans (C) Whole Grain Pita Bread (I) 1% or Skim Milk
PM Snack (Select two of these four components) <ul style="list-style-type: none"> • Milk, fluid • Juice or fruit or vegetable • Grain/bread • Meat or meat alternate 	Grape Juice (C-if fortified) Deviled Egg (I)	Warm Whole Grain Pita Wedges (I) Hummus (B) (I)	Fresh Pineapple (C) (F) Wheat Crackers	<u>Merry-Go-Round</u> (N) (Apple-Circle Slice (F), Animal Crackers Peanut Butter)	1% or Skim Milk Oatmeal Cookie (HM)

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Food-related book(s) to read:

Sample Menu: Week 3 Center name/site number _____ Month _____ Year _____
 Menu children 1-12 years* of age

Meal Patterns	Day 1 _____ date	Day 2 _____ date	Day 3 _____ date	Day 4 _____ date	Day 5 _____ date
Breakfast <ul style="list-style-type: none"> Grain/bread Juice or fruit or vegetable Milk, Fluid Other Foods 	Whole Wheat Toast Orange Juice (C) 1% or Skim Milk	Cheerios (I) Blueberries (C) (S) 1% or Skim Milk	Whole Grain Bagel (I) w/ light cream cheese Peaches 1% or Skim Milk	Oatmeal Banana (F) 1% or Skim Milk	Baked Donut Holes (HM) Nectarines (A) (C) (F) 1% or Skim Milk
AM Snack (Select two of these four components) <ul style="list-style-type: none"> Milk, fluid Juice or fruit or vegetable Grain/bread Meat or meat alternate 	Quesadillas (Whole Grain Tortilla) Melted Cheese Refried Beans (B) (I)	<u>Yogurt Parfait</u> Fruit Yogurt Graham Crackers or Granola	1% or Skim Milk Cinnamon-Sugar Whole Wheat Toast	<u>Bear-Go-Rounds</u> (N) (Apple Rings, (F) Graham bears, Light Cream Cheese (extra))	1% or Skim Milk Raisin Bran Muffin (I)
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable or fruit 2nd Vegetable or fruit Grain/bread Milk, fluid Other Foods 	Spaghetti \$ Meat Sauce (HM) (I) Broccoli (A) (C) Apricots (A) Whole Grain Pasta 1% or Skim Milk	Turkey Mini Sub (I) (shaved turkey, lettuce, tomato, cheese) Pear Slices (F) Orange Smiles (C) (F) (S) Hot Dog Bun 1% or Skim Milk	Taco Salad (B) (I) (hamburger, black beans cheese, tomatoes, Romaine lettuce) Mexican Corn Mango (A) (C) (F) (S) Whole Grain Taco Chips 1% or Skim Milk	Salmon Patties (or loaf) Sweet Baby Peas (C) Baked Sweet Potato Fries (A) (C) Whole Wheat Bread or Roll 1% or Skim Milk	Cheeseburger (I) Baked Beans (B) (I) Watermelon (A) (C) (F) (S) Lettuce Leaf (F) Tomato Slices (F) (C) Whole Grain Bun 1% or Skim Milk
PM Snack (Select two of these four components) <ul style="list-style-type: none"> Milk, fluid Juice or fruit or vegetable Grain/bread Meat or meat alternate 	Tangerine (C) (F) (S) Banana Bread (made with half whole wheat flour) (HM)	<u>Mouse Faces</u> (N) (Raisins-Eyes, Apple-Smile (F), Banana-Nose (F), Carrot Coins-Ears (A) (F) Tortillas, Peanut Butter)	Whole Wheat Crackers Tomato Juice (A) (C)	Grapes (F) Kiwi Wedges (F) (C) Mini Bagel (I)	Berry Juicy Juice (C) Fish Crackers

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Food-related book(s) to read:
