

## WEEKLY MENU RECORD

Southside Christian Day Care

Month: Sample Menu

Week: A

	Menu - Monday	Menu - Tuesday	Menu - Wednesday	Menu - Thursday	Menu - Friday
<b>Breakfast</b>					
Milk*	Milk	Milk	Milk	Milk	Milk
Fruit/Veg./Juice	Peaches	Applesauce	Pineapples	Fresh Fruit Salad	Pears
Bread/Grains (Must serve 3 components)	WG- Toasted Oats Cereal	WG- Whole Grain Biscuits	French Toast Sticks	WG- Whole Grain Blueberry Bagel	WG- Whole Wheat Waffles
<b>Lunch</b>					
Milk*	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	△ Chicken w/ Alfredo Sauce	△ Ham and Swiss Cheese Wrap	△ Meatballs w/Marinara Sauce (CN)	△ BBQ Chicken Sandwich	Fish/Pollock P/C Oven Ready (CN)
Vegetable	Peas	Corn	Green Beans	Pork and Beans	Carrots
Fruit/Vegetable	Sliced Apples	Green Beans	Mandarin Oranges	Applesauce	Peas
Bread/Grains (Must serve 5 components)	WG-100% Whole Grain Elbow Macaroni	WG- Whole Wheat Tortillas	WG-100% Whole Grain Elbow Macaroni	WG- Whole Wheat Hamburger Bun	WG-Breading on Fish Sticks (CN)
<b>P.M. Snack</b>					
Milk	Water		Water		Water
Meat/Meat Alternate			American Cheese		American Cheese
Fruit/Veg./Juice	Applesauce	100% Juice		100% Juice	
Bread/Grains (Must serve 2 components)	WG- Whole Grain Goldfish Crackers	Pretzels	Townhouse Crackers	Chex Mix	Saltine Crackers

\*Whole Milk served for children between 12-24 months. 1% Milk served for children 2 and older.

△ - Home-made menu items prepared in the center, not premade combination items.

## WEEKLY MENU RECORD

Southside Christian Day Care

Month: Sample Menu

Week: B

	Menu - Monday	Menu - Tuesday	Menu - Wednesday	Menu - Thursday	Menu - Friday
<b>Breakfast</b>					
Milk*	Milk	Milk	Milk	Milk	Milk
Fruit/Veg./Juice	Peaches	Applesauce	Pineapples	Fresh Fruit Salad	Pears
Bread/Grains (Must serve 3 components)	Kix Cereal	WG-Whole Grain English Muffins	Pancakes	WG- Whole Grain Biscuits	French Toast Sticks
<b>Lunch</b>					
Milk*	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	△ Turkey & Swiss Cheese Wrap	Chicken Nuggets (CN)	△ BBQ Chicken Sandwich	Beef Chili (CN)	△ Soft Chicken Taco w/ Cheese
Vegetable	Tator Tots	Green Beans	Carrots	Broccoli	Corn
Fruit/Vegetable	Peas	Mashed Potatoes	Pears	Applesauce	Applesauce
Bread/Grains (Must serve 5 components)	WG- Whole Wheat Tortillas	WG- Breading on Chicken Nuggets (CN)	WG- Whole Wheat Hamburger Buns	Saltine Crackers	WG- Whole Wheat Tortillas
<b>P.M. Snack</b>					
Milk	Water		Water		Water
Meat/Meat Alternate			American Cheese		American Cheese
Fruit/Veg./Juice	Applesauce	100% Juice		100% Juice	.
Bread/Grains (Must serve 2 components)	Cheese It Crackers	Chex Mix	WG- Whole Wheat Toast	WG- Whole Grain Goldfish Crackers	Saltine Crackers

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## WEEKLY MENU RECORD

Southside Christian Day Care

Month: Sample Menu

Week: C

	Menu - Monday	Menu - Tuesday	Menu - Wednesday	Menu - Thursday	Menu - Friday
<b>Breakfast</b>					
Milk*	Milk	Milk	Milk	Milk	Milk
Fruit/Veg./Juice	Peaches	Applesauce	Pineapples	Fresh Fruit Salad	Pears
Bread/Grains (Must serve 3 components)	WG- Toasted Oats Cereal	WG- Whole Grain Biscuits	Pancakes	WG- Whole Grain Blueberry Bagels	WG-Whole Grain English Muffins
<b>Lunch</b>					
Milk*	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	Hamburgers ( <b>CN</b> )	△ Turkey & Swiss Cheese Sandwich	△ Tuna Casserole w/Alfredo Sauce	△ Meatballs w/Marinara Sauce ( <b>CN</b> )	Fish/Pollock P/C Oven Ready ( <b>CN</b> )
Vegetable	Corn	Mashed Potatoes	Green Beans	Broccoli	Carrots
Fruit/Vegetable	Mandarin Oranges	Carrots	Peaches	Applesauce	Peas
Bread/Grains (Must serve 5 components)	WG- Whole Wheat Hamburger Buns	WG- Whole Wheat Bread	WG-100% Whole Grain Elbow Macaroni	WG-100% Whole Grain Elbow Macaroni	WG-Breading from Fish Sticks ( <b>CN</b> )
<b>P.M. Snack</b>					
Milk	Water		Water		Water
Meat/Meat Alternate					American Cheese
Fruit/Veg./Juice	Applesauce	100% Juice	Applesauce	100% Juice	
Bread/Grains (Must serve 2 components)	Townhouse Crackers	WG- Whole Grain Goldfish Crackers	Pretzels	Chex Mix	Saltine Crackers

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Month: Sample Menu

Week: D

	Menu - Monday	Menu - Tuesday	Menu - Wednesday	Menu - Thursday	Menu - Friday
<b>Breakfast</b>					
Milk*	Milk	Milk	Milk	Milk	Milk
Fruit/Veg./Juice	Peaches	Applesauce	Pineapples	Fresh Fruit Salad	Pears
Bread/Grains (Must serve 3 components)	Kix Cereal	WG- Whole Grain Biscuits	WG- Whole Grain Blueberry Bagels	WG- Whole Wheat Waffles	WG-Whole Grain English Muffins
<b>Lunch</b>					
Milk*	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	△ Chicken w/Alfredo Sauce	Hamburger ( <b>CN</b> )	△ Soft Chicken Taco w/Cheese	Beef Chili ( <b>CN</b> )	△ Ham & Swiss Cheese Wrap
Vegetable	Peas	Mashed Potatoes	Corn	Tator Tots	Pork and Beans
Fruit/Vegetable	Mandarin Oranges	Pineapples	Green Beans	Pears	Applesauce
Bread/Grains (Must serve 5 components)	WG-100% Whole Grain Elbow Macaroni	WG- Whole Wheat Hamburger Buns	WG- Whole Wheat Tortillas	Saltine Crackers	WG- Whole Wheat Tortillas
<b>P.M. Snack</b>					
Milk	Water		Water		Water
Meat/Meat Alternate			American Cheese		American Cheese
Fruit/Veg./Juice	Applesauce	100% Juice		100 % Juice	
Bread/Grains (Must serve 2 components)	Townhouse Crackers	Cheese It Crackers	WG- Whole Wheat Toast	WG- Whole Grain Goldfish Crackers	Saltine Crackers

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