



# SAMPLE CHILD CARE MENU



<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>	<u>DAY 5</u>
<b>Breakfast</b> 1% or fat-free milk Oatmeal Diced apple	<b>Breakfast</b> 1% or fat-free milk Whole-wheat bagel Egg omelet Blueberries	<b>Breakfast</b> 1% or fat-free milk Waffles Peaches	<b>Breakfast</b> 1% or fat-free milk Wheat Chex® Raspberries	<b>Breakfast</b> 1% or fat-free milk Scrambled egg Roasted sweet potato hash
<b>Snack</b> Strawberries Vanilla yogurt Water	<b>Snack</b> Broccoli/cauliflower florets Cottage cheese ranch dip Water	<b>Snack</b> Pretzel rods Cheddar cheese cubes Water	<b>Snack</b> Cucumber slices Whole-grain crackers Water	<b>Snack</b> Celery sticks Tuna salad Water
<b>Lunch/Supper</b> 1% or fat-free milk Hot turkey sandwich on whole-wheat bread Green beans Plum	<b>Lunch/Supper</b> 1% or fat-free milk Cod fillet Brown rice Garden salad Cantaloupe	<b>Lunch/Supper</b> 1% or fat-free milk Chicken breast Whole-wheat roll Mashed potatoes Cherries	<b>Lunch/Supper</b> 1% or fat-free milk Roast beef Barley casserole Butternut squash Fresh pear slices	<b>Lunch/Supper</b> 1% or fat-free milk Tofu bean chili Whole-corn tortilla Sautéed carrots

<u>DAY 6</u>	<u>DAY 7</u>	<u>DAY 8</u>	<u>DAY 9</u>	<u>DAY 10</u>
<b>Breakfast</b> 1% or fat-free milk Toasted oats Orange slices	<b>Breakfast</b> 1% or fat-free milk Scrambled eggs with cheese Kiwi	<b>Breakfast</b> 1% or fat-free milk Cream of Wheat® Banana	<b>Breakfast</b> 1% or fat-free milk Bean burrito Applesauce	<b>Breakfast</b> 1% or fat-free milk Pancakes Mixed berries
<b>Snack</b> Triscuits® Cheddar cheese Water	<b>Snack</b> Apple slices Peanut butter Water	<b>Snack</b> Carrot sticks Hummus Water	<b>Snack</b> 1% or fat-free milk Soft pretzel	<b>Snack</b> Pineapple cubes Yogurt Water
<b>Lunch/Supper</b> 1% or fat-free milk Roast pork Corn bread Roasted red potatoes Collard greens or spinach	<b>Lunch/Supper</b> 1% or fat-free milk MorningStar® Garden Veggie Pattie on whole-wheat bun Corn Watermelon	<b>Lunch/Supper</b> 1% or fat-free milk Egg salad on whole-grain wrap Tomato cucumber salad Diced mango	<b>Lunch/Supper</b> 1% or fat-free milk Baked haddock Whole-wheat noodles Steamed broccoli Carrot-raisin salad	<b>Lunch/Supper</b> 1% or fat-free milk Chicken stir fry with snow peas and red peppers Brown rice Mandarin oranges