

SAMPLE HOME DAYCARE LUNCH MENUS

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	M ¾ cup	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)
	MMA 1½ oz	Macaroni and cheese: cheddar cheese (1½ oz) ¹	Baked ham (1½ oz) ¹	Herbed chicken (1½ oz chicken) ¹	Toasted cheese (1½ oz) ¹ sandwich	Hamburger (1½ oz) ¹
	G ½ oz eq	Enriched macaroni (¼ c) ² Enriched Italian bread (¼ oz) ²	Whole-wheat roll (½ oz) ² WGR	Brown rice (⅛ c) ² WGR Whole-grain roll (½ oz) ² WGR	Whole-grain bread (½ oz) ² WGR	Whole-wheat bun (½ oz) ² WGR
	V ¼ cup	Tossed salad: Lettuce (½ c) ³ with tomatoes and carrots (⅞ c)	Mashed sweet potato (¼ c)	Green beans (⅞ c) Seasoned small potatoes (⅞ c)	Confetti coleslaw (¼ c vegetables)	Mixed vegetables (¼ c)
	F ¼ cup	Orange sections (¼ c)	Steamed broccoli (¼ c) ⁴	Mixed berries (¼ c)	Oven-baked potatoes (¼ c) ⁴	Cantaloupe chunks (¼ c)
	O	Low-fat Italian dressing (1 Tbsp)				Ketchup or mustard (½ Tbsp)
Week 2	M ¾ cup	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)
	MMA 1½ oz	Black bean soup: Beans (¾ c) ¹	Taco salad: Seasoned ground beef (1 ¼ oz) ¹ and low-fat cheese (¼ oz) ¹	Spaghetti with meat sauce (1½ oz ground beef) ¹	Baked chicken (1½ oz chicken) ¹	Crunchy coated baked fish (1½ oz fish) ¹
	G ½ oz eq	Whole-grain roll (½ oz) ² WGR	Whole-corn tortilla (½ oz) ² WGR	Whole-wheat spaghetti (¼ c) ² WGR Enriched bread stick (¼ oz) ²	Herbed quinoa (¼ c) ² WGR Whole-wheat roll (½ oz) ² WGR	Confetti couscous with peas and carrots: Enriched couscous (¼ c) ² Enriched cornbread (½ oz) ²
	V ¼ cup	Spinach salad (½ c) ³ with oranges	Lettuce, shredded (⅞ c) ³ Tomato, diced (⅞ c) Mild veggie salsa (⅞ c) Corn niblets (⅞ c)	Cucumber-tomato salad (¼ c)	Mashed sweet potatoes (¼ c) with pineapple (⅞ c)	Peas and carrots (⅞ c) Corn niblets (⅞ c)
	F ¼ cup	Mandarin oranges (⅞ c) Mango slices (⅞ c)	Pineapple chunks in juice (¼ c) ⁵	Sliced fresh pears (¼ c)	Snap peas (¼ c) ⁴	Steamed broccoli florets (¼ c) ⁴
	O	Low-fat salad dressing (1 Tbsp)		Grated parmesan cheese (2 tsp)		