

Name of Nursery:

GARSIDE DAYCARE

Date: WEEK 1

MENU GUIDE	AVERAGE SIZE (1) SERVING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BETWEEN MEAL EATING (A.M.)</u>		CEREAL BARS CHEESE	YOGURT PRETZEL STICKS/ GOLDFISH	WAFFLES FRUIT	TOAST WITH JAM YOGURT	BAKED OATMEAL & FRUIT
MILK AND/OR WATER	¼ - ½ c					
FRUIT, (2) OR VEGETABLE	¼ - ½c					
BREAD, (3) SANDWICH (4) OR CERAL, ENRICHED OR WHOLE GRAIN	¼ - ½c slice ¼ - 1/3 c					
		WATER/MILK	WATER/MILK	WATER/MILK	WATER/MILK	WATER/MILK
<u>MIDDAY MEAL</u>		RAW VEGETABLES	RAW VEGETABLES	MEATLOAF	SALAD	COLESLAW
MEAT AND/OR ALTERNATIVE ONE OF THE FOLLOWING OR A COMBINATION:		HAMBURGERS FRENCH FRIES	CHICKEN & RICE CASSEROLE	MIXED VEGETABLES	PASTA W/ SPAGETTI SAUCE TOAST	FISH & CHIPS
COOKED MEAT, FISH, POULTRY	30 – 45 g					
CHEESE	30 – 45 g					
EGG	1	FRUIT	CORN	MASHED POTATOES		YOGURT
COOKED DRY BEANS	¼ - ½c		FRUIT	FRUIT	FRUIT	
PEANUT BUTTER	1 – 2 t					
VEGETABLES AD/OR FRUIT (5)	¼ - ½c					
BREAD (3) OR EQUIVALENT (6)	¼ - ½ slice 2 – 4 t					
MILK	¼ - ½c	MILK	MILK	MILK	MILK	MILK
<u>BETWEEN MEAL EATING (P.M.)</u>		HOMEMADE CINNAMON BREAD FRUIT	MUFFINS FRUIT	VEGETABLES & DIP	ARROWROOT COOKIES CHEESE	MULTIGRAIN CRACKERS AND VEGETABLES
SAME PATTERN AS (A.M.)						
		WATER	WATER	WATER	WATER	WATER

MENU GUIDE	AVERAGE SIZE (1) SERVING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BETWEEN MEAL EATING (A.M.)</u> MILK AND/OR ¼ - ½ c FRUIT, (2) MILK/WATER, OR VEGETABLE ¼ - ½ c BREAD, (3) SANDWICH (4) OR ¼ - ½c slice CERAL, ENRICHED OR WHOLE GRAIN ¼ - 1/3 c		CEREAL BARS CHEESE WATER/MILK	BAGELS WITH CREAM CHEESE FRUIT WATER/MILK	YOGURT & FRUIT WATER/MILK	RAISIN TOAST FRUIT WATER/MILK	CEREAL FRUIT WATER/MILK
<u>MIDDAY MEAL</u> MEAT AND/OR ALTERNATIVE ONE OF THE FOLLOWING OR A COMBINATION: COOKED MEAT, FISH, POULTRY 30 – 45 g CHEESE 30 – 45 g EGG 1 COOKED DRY BEANS ¼ - ½ c PEANUT BUTTER 1 – 2 t VEGETABLES AD/OR FRUIT (5) ¼ - ½c BREAD (3) OR ¼ - ½ slice EQUIVALENT (6) 2 – 4 t MILK ¼ - ½ c		HOMEMADE SOUP SANDWICHES FRUIT MILK	GARDEN SALAD PIZZA BUNS PUDDING MILK	RAW VEGETABLES SLOPPY JOES FRUIT MILK	RAW VEGETABLES MEATBALLS RICE FRUIT MILK	SALAD CHICKEN NOODLE CASSEROLE FRUIT MILK
<u>BETWEEN MEAL EATING (P.M.)</u> SAME PATTERN AS (A.M.)		MULTI WHEAT CRACKERS VEGETABLES WITH RANCH DRESSING WATER	BANANA BREAD CHEESE WATER	MULTI WHEAT CRACKERS CREAM CHEESE VEGETABLE WATER	ARROWROOT COOKIES CHEESE WATER	GOLDFISH CRACKERS VEGETABLE WATER